

South African Mountaineering Development & Training Programme**Registration Application Form**

Please return to: Registration, MDT, PO Box 44621, Claremont, 7735

Personal Details

Surname:

First Name/s:

_____ Mr/Mrs/Ms

Address:

Post code _____

Tel (Home): _____ Tel (Work): _____

Fax (H/W): _____ E-mail (H/W): _____

Date of Birth: _____

1. For Which Certificate or Award are you Registering?

Please refer to the prospectus paragraphs entitled registration, and complete the section/s indicated below. Please include all relevant experience.

1.1 MOUNTAIN WALKING

☐

Basic Mountain Walking Certificate

Training Course Date:

Course Provider:

Please complete section 2a, 3 & 4.

☐

Advanced Mountain Walking Leader Certificate

Training Course Date:

Course Provider:

Please complete section 2a, 3 & 4.

☐

Mountain Walking Instructor Certificate

Training Course Date:

Course Provider:

Please complete sections 2a, 2b, 2c, 3 & 4. Please include a copy of your Advanced Mountain Walking Leader Certificate and Single Pitch Supervisor Award.

1.2 ROCK CLIMBING☐**Single Pitch Supervisor Award**Training Course Date:

Course Provider:

Please complete sections 2b, 2c, 3 & 4.

☐**Rock Climbing Leader Award**Training Course Date:

Course Provider:

Please complete sections 2b, 2c, 3 & 4. Please include a copy of your Single Pitch Supervisor Award.

☐**Rock Climbing Instructor Award**Training Course Date:

Course Provider:

Please complete sections 2a, 2b, 2c, 3 & 4. Please include a copy of your Single Pitch Supervisor Award, Rock Climbing Leader Certificate and Advanced Mountain Leader Certificate.

1.3 MOUNTAINEERING**Mountaineering Instructor Award**

Training Course Date:

Course Provider:

Please complete sections 2a, 2b, 2c, 3 & 4. Please include a copy of your Single Pitch Supervisor Award, Rock Climbing Leader Certificate and Advanced Mountain Leader Certificate.

2c. Teaching / Instructing / Lecturing Experience

Summarize your teaching, instructing or lecturing experience, emphasising that which is related to the SPSA / RCIC / MWIC / MIA schemes. Please include details of employers or voluntary organizations with which you were involved.

Current occupation: _____

This is a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

3. Referee's Endorsement

I confirm that the information given above is an accurate summary of the applicant's background and experience. I therefore confirm the applicant's suitability for registration at the level specified.

Name: _____

Position / Relationship:

Mountaineering Qualifications?

Address:

_____ Postal code: _____

Tel (home): _____ Date: _____

4 Undertakings and Enclosures

Your application cannot be considered unless you have signed the following undertaking and attached ALL the enclosures listed!

1. I have read the Prospectus
2. I enclose the registration fee. Cheques payable to the MDT
3. I enclose copies of the relevant training and assessment report pages from my log book.
4. I enclose copies of my MDT certificates / Awards.

Signed: _____ Date: _____

The above information will be added to the MDT database. If you would prefer that this data not be made available to others, please tick the box .

☐

Mountain Training Scheme Registration

FOR OFFICIAL USE ONLY			
	Date	Comments	Initials
Payment			
Database check			
Check form			
Log book pages			
Info required			
Approval			
Log book issued			
Database update			

**MOUNTAINEERING
INSTRUCTOR AWARD**

PROSPECTUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

MOUNTAINEERING INSTRUCTOR AWARD

PROSPECTUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Foreword

The South African Mountaineering Development and Training Programme (MDT) was developed to establish and maintain nationally recognised skills and training standards for the many clubs, organisations and individuals active in mountain related activities.

The MDT programme arose out of a mandate from representatives of the main mountaineering and hiking clubs of South Africa. At a conference held at Kirstenbosch in 1994, these organisations, recognising the fact that an increasing number of people were venturing into our mountains, increasing the risk of injury and death, felt that nationally recognised leadership and skills standards should be established. Since then many professional and semi-professional guides and instructors have become involved in, or endorsed the activities of the MDT.

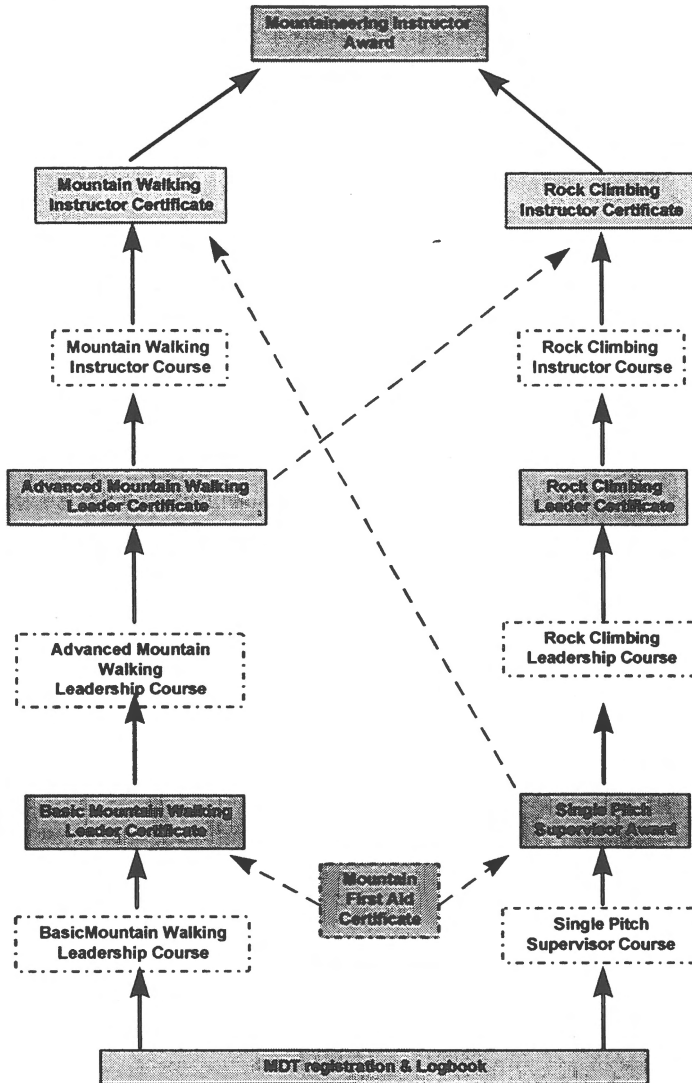
The MDT's Mountain Training Scheme integrates training and assessment in both mountain walking and rock climbing. Training and assessment courses cover all levels of skill from basic mountain walking and rock climbing through to the Mountaineering Instructor Award where the recipient is qualified to lead parties and instruct mountain-craft under all conditions in any of South Africa's mountains. The programme, standards, course syllabi and certification is co-ordinated and controlled by the South African Mountaineering and Training Trust which is a legally constituted body registered with the Master of the Supreme Court. Training and assessment courses are run by individuals approved and accredited by the Trust.

A graphical overview of the Mountain Training Scheme is provided on the next page.

Further information on the other components of the programme, how to register, or where to go for training and assessment can be obtained from:

The Training and Assessment Co-ordinator
MDT
PO Box 44621
Claremont
7735

AN OVERVIEW OF THE LEADERSHIP TRAINING SCHEME



Mountaineering Instructor Award Prospectus

Introduction

The Mountaineering Instructor Scheme provides comprehensive training and assessment for individuals working as instructors in a professional, semi-professional or amateur capacity, privately or at mountaineering centres. It integrates training and assessment in a variety of testing conditions in mountainous country.

The scheme provides training and assessment in the skills required to teach, and assess general mountaineering, mountain leadership and rock climbing and to lead groups in all mountain areas of South Africa.

Stages

The scheme comprises of:

1. registration and issue of a log book
 2. a nine day training course
 3. further experience gained during a consolidation period
 4. a five day assessment course
 5. continuing experience entered in a log book.
-

Registration

Candidates wishing to register must:

- be not less than 21 years of age
 - have at least 48 months of substantial independent experience of mountaineering in a variety of mountain areas
 - hold the Advanced Mountain Walking Leader Certificate
 - have completed 20 quality mountain days as a leader in sole charge of a mixed ability group [1]
-

- hold the Single Pitch Supervisor Award
- have completed 20 quality single pitch supervision days as a leader in sole charge of a mixed ability group [2]
- hold the Rock Climbing Leader Certificate
- have led or alternate-led a minimum of 30 named multi-pitch climbs of 17 standard or above in at least 3 climbing areas [3]
- identify a suitable referee to endorse the registration application, preferably a mountaineering instructor or guide, but other long term climbing partners or suitable employer will be considered
- complete the registration form and enclose the appropriate fee.

Training

Before attending a training course candidates must ensure that they are registered with the MDT.

On completion of registration, and once in possession of a Leadership Training Scheme log book, Mountaineering Instructors Award insert, candidates must attend a training course run by the MDT.

The course is a minimum of nine days in duration and usually residential. In certain cases it may be run over a series of weekends.

During the course, advice will be given about further experience and candidates must present a completed log book at the start in order to assist the process.

Log book

Experience gained by candidates should be recorded in the log book. Entries should include all relevant experience, be concise and easily read.

The log book is divided into five sections and includes:

- a record of experience gained prior to the training course
 - the particulars of the training course completed by the director of training
 - a record of experience gained during the period between the training and assessment courses
 - particulars of the assessment course completed and issued by the director of assessment
 - a record of experience gained after assessment.
-

Consolidation

During the period between training and assessment, candidates are expected to consolidate and evaluate the techniques shown during training and gain extensive personal experience of mountaineering, leadership and instruction in a number of mountain areas.

Experience gained overseas, while valuable is not a substitute for specific experience gained in South Africa.

The consolidation period will be a minimum of twelve months.

First Aid

At the start of the assessment course candidates must hold a currently valid approved first aid certificate.

Assessment

Before attending an assessment course candidates must:

- have completed a further 20 quality mountain days as leader in sole charge of a mixed ability group
 - have completed 20 rock climbing teaching days with student
 - have led or alternate-led a further 30 named multi-pitch climbs of 17 standard or above in at least 3 climbing areas [3][4]
-

- have acted in the capacity of assistant instructor on two mountain walking leader and two rock climbing leader courses
- be familiar with all aspects of the syllabus
- have gained a broad working knowledge of mountaineering, including the mountain environment and South African mountaineering history
- have obtained a reference from a referee
- hold a valid approved mountain first aid certificate

When applying for assessment, candidates must present their log book and first aid certificate to the director of assessment to confirm that sufficient experience has been gained.

During the residential assessment course, which lasts a minimum of five days, candidates will be tested in accordance with the syllabus requirements. The director of assessment will then endorse the log book and assessment report and make appropriate recommendations.

The assessment report will take one of three forms:

Pass: awarded where the candidate has demonstrated proper knowledge and application of the course syllabus and has shown the necessary experience for the application of mountaineering instruction.

Deferred: awarded where the candidate has generally performed at the required standard and shown the necessary experience and attributes, but where complete proficiency has not been attained. Written recommendations for further experience will be given, along with details of the proposed reassessment.

Fail: awarded where the candidate's performance had been weak, or the necessary experience and attributes have not been demonstrated.

A panel of at least three assessors will be involved in deciding each candidates result.

Reassessment

A candidate cannot be reassessed for more than two days of the original five day assessment course. This must follow a minimum period of three months after the original assessment. A candidate may only take two reassessments before being required to take the entire course again. Since the reassessment will be based on information gained during the original assessment all reassessments must be completed within a five year period.

Exemption

Exemption from the consolidation period is possible for candidates who can demonstrate substantial experience prior to registration. It must be stressed that the consolidation period is an essential part of the preparation for assessment, enabling candidates to evaluate personally all the techniques demonstrated during training.

Exemption from stages two to four may be gained if a candidate has completed the Mountain Walking Instructors Certificate and the Rock Climbing Instructors Certificate. Applications for exemption must be made in writing to: The Convenor, The Accreditation Committee, South African Mountaineering Development and Training Programme.

Mountaineering Instructor Award

Notes

1. These should not be repeat days and should be obtained in a period following the completion of the Advanced Mountain Walking Leader Certificate.
 2. These should be obtained in a period following completion of the Single Pitch Supervisor Award.
 3. A large proportion of these routes should be on mountain crags.
 4. During several days of the assessment candidates may climbing at this grade. Experience of leading harder routes is extremely valuable
-

Experience

Candidates often experience some difficulty when compiling their log books and registration forms in trying to determine whether or not they meet the experience requirements of the Scheme.

The South African Mountaineering Development and Training Programme's Mountain Training Scheme is South Africa oriented, therefore the experience recorded should reflect this. Whilst experience gained climbing in for example, the Alps is undoubtedly valuable it is not necessarily the most appropriate. The Director of Assessment and the Accreditation Committee are looking for both depth and breadth of experience since candidates who only have the minimum experience are unlikely to benefit from either training or assessment.

Quality days

A quality mountain day should contain elements of planning, exploration and navigation; they should be strenuous and reasonably demanding; ideally on unfamiliar terrain which will necessitate the use of guide book, map

and compass; and perhaps most importantly, the end result will give a sense of achievement, satisfaction and enjoyment.

Mountaineering Instructor Award Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
*Mountain Leadership Training Scheme. Proposed Policy and Guidelines a
Consultative Document.*
3. **Mountain Leader Training Board (UK)**
Mountain Instructor Scheme Prospectus and Syllabus.
4. **United Kingdom Mountain Training Board (1994)**
Mountain Instructor Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

**MOUNTAINEERING
INSTRUCTOR AWARD**

SYLLABUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

MOUNTAINEERING INSTRUCTOR AWARD

SYLLABUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Mountaineering Instructor Award Syllabus

Personal mountaineering

Candidates must be able to demonstrate:

- competent, safe and assured leading of multi-pitch rock climbs of 17 standard
 - care for and leadership of a party scrambling on rocky terrain including the use of short rope techniques
 - safe control of a party in descent and retreat from a rock climb or steep broken ground
 - knowledge and use of a wide range of mountaineering and rock climbing equipment
 - a suitable choice of route, given the ability of a party, weather and conditions
 - an ability to navigate with speed and efficiency in all conditions.
-

Mountain instruction

Candidates must be able to:

- structure, organise, lead and perform instruction in a variety of mountain-related activities for participants who range from novice to committed hill walker and rock climber
 - present a lecture to one's peers on a mountain-related topic, promoting and inspiring discussion
 - present a mountain lecture to a large audience of mixed background and experience, the intention being to educate, enthuse and entertain
 - instruct all aspects of navigation.
-

Rock climbing instruction

Candidates must be able to:

- prepare and organise a day's rock climbing instruction for a large group on a single pitch crag, including: climbing, bouldering, top-roping, abseiling and lowering
 - assess the ability of a group and give a safe, enjoyable and educational day
 - instruct and coach committed rock climbers on multi-pitch climbs, teaching rock climbing skills, advanced rope work, and leading.
-

Improvised rescue

Candidates must be able to:

- perform a variety of improvised rescue techniques using normal climbing equipment, including lowering, hoisting, abseiling, prussiking and escaping from the system
 - assess a crag problem and determine the most efficient and effective solution.
-

Mountain rescue

Candidates must be able to:

- use and have knowledge of mountain rescue equipment for general crag rescue situations
- assess an accident scene, and implement appropriate action
- perform and have knowledge of a variety of lowers including vertical and horizontal cableways, according to the terrain

and if necessary:

- handle a casualty and oversee the safe movement and security of the rescue team.
-

Assessment of risk and its application

Candidates must be:

- aware of the responsibilities of the mountain instructor to the Mountaineering Development and Training Programme, employer and society
 - able to evaluate the needs and requirements of the individual and the party and to obtain a suitable level of adventure, risk and safety.
-

Accreditation scheme

Candidates must be:

- able to demonstrate an ability to instruct and supervise the elements of the Mountain Walking Instructor Certificate, Rock Climbing Instructor Scheme and all other training and assessment levels
 - aware of the standards required for the assessment of the above
 - awards and knowledgeable on suitable methods of assessment
 - knowledgeable on the philosophy, structure and organisation of the above awards
 - aware of the nature and form of mountain training and its potential future development.
-

Mountain environment

Candidates must be:

- knowledgeable on the mountain environment, including: geology, natural history, flora and fauna
 - knowledgeable on the multiple use of mountain areas and the necessity for the conservation and protection of land against human pressures
 - aware of the problems relating to access to mountainous country, and our impact upon it
-

- able to enthuse and educate others in the above topics.
-

Development of mountaineering

Candidates must be able to demonstrate:

- knowledge of mountaineering and rock climbing history
 - knowledge of a wide range of mountain literature including instructional books, guide books and biographical elements
 - knowledge of the structure of clubs and mountaineering organisations.
-

Personal winter mountaineering

Candidates must be able to:

- demonstrate competent safe and assured leadership on snow and ice
- control a party in descent on snow and ice or steep and broken ground
- demonstrate care of and leadership for a party on difficult terrain, including the use of short rope techniques

demonstrate an ability to select a suitable route or climb, given the ability of the party, weather, and conditions

and have:

- an understanding of winter campcraft and use of alternative emergency methods
-

Winter mountaineering instruction

Candidates must be able to:

- structure, organise and perform, aspects of basic winter mountaineering
-

- provide an enjoyable, safe and instructive experience for novice climbers on snow and ice

and demonstrate an:

- ability to instruct the use of standard equipment such as, ice axe, crampons and basic belay techniques
 - ability to instruct the essential skill of winter navigation.
-

Mountaineering Instructor Award Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
*Mountain Leadership Training Scheme. Proposed Policy and Guidelines a
Consultative Document.*
3. **Mountain Leader Training Board (UK)**
Mountain Instructor Scheme Prospectus and Syllabus.
4. **United Kingdom Mountain Training Board (1994)**
Mountain Instructor Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAINEERING INSTRUCTOR AWARD

LOG BOOK INSERT

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Mountaineering Instructor Award Status and Particulars

Name: _____

Address: _____

_____ Postal Code: _____

Date of Birth: _____

Registration Date: _____

Training (approved sticker)

Assessment (approved sticker)

First Aid Certificate

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Candidate Registration Number

Mountaineering Instructor Award

Introduction

This log book should be completed and maintained as a current record of the candidate's mountaineering experience. It should be submitted to the Director of Assessment at least one month prior to the assessment course.

Contents

Section 1	MIA status and particulars Introduction & Contents Qualifications Relevant courses Reference (completed by a referee) Instructional experience Rock climbing experience in South Africa Rock climbing experience overseas Mountain walking experience Additional experience
Section 2	Training report (completed by the Director of Training)
Section 3	Instructional experience Rock climbing experience in South Africa Rock climbing experience overseas Mountain walking experience Additional experience
Section 4	Assessment report (completed by the Director of Assessment)
Section 5	Further experience
Section 6	Unused sheets

The candidate is expected to number the pages, and enter the relevant information in the appropriate sections in accordance with the syllabus. Blank pages may be photocopied for additional entries. Diaries or other miscellaneous items are not acceptable.

Mountaineering Instructor Award Qualifications

Occupation: _____

Employer: _____

List any relevant mountaineering, outdoor activity, academic or professional qualifications.

[illegible]

Mountaineering Instructor Award Reference

Completed by a Referee

Candidate's name: _____

Appraisal of the candidate's suitability as mountaineering instructor by a referee, giving comments where applicable.

Please give comment on the following: How long have you known the candidate and in what capacity? Standard of personal rock climbing, instructional experience, etc.

This information will be useful to the Director of Assessment and to future employers.

Mountaineering Instructor Award Training Course Report

Completed by the Director of Training

Name: _____

Course Provider: _____

Course Provider Code: _____

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Candidate Registration Number

--

Mountaineering Instructor Award Training Course Report

Completed by the Director of Training

Name: _____

Candidate Registration Number

Attending a training course with:

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Date: _____

Rock Climbing Instructor Certificate

Consolidation Period

During the consolidation period between training and assessment, the candidate is advised to gain as wide a range of experience as possible which should be recorded in the following pages.

Before attending an assessment course the candidate must:

- have registered with the MDT
- have attended a training course with an approved course provider
- have gained at least twelve months experience between training and assessment
- have completed a further 20 quality mountain days as a leader in sole charge of a mixed ability group
- have completed 20 rock climbing teaching days
- have led or alternate-led a further 30 named multi-pitch climbs of 17 standard or above in at least 3 climbing areas
- have acted in the capacity of assistant instructor on two mountain walking leader and two rock climbing leader courses
- have gained a broad working knowledge of mountaineering, including the crag and mountain environment, and South African climbing history
- be familiar with all aspects of the syllabus
- have obtained a reference.
- hold a currently valid first aid certificate

All the above items must be listed in the log book before the candidate is eligible for assessment.

Mountaineering Instructor Award Assessment Report

Completed by the Director of Assessment

Name: _____

Candidate Registration Number

Attended an assessment course with:

from: _____ to: _____

The assessment examined the candidate's ability to: fulfill the requirements of the syllabus; demonstrate an ability to instruct, assess and lead groups in all mountain areas.

Result: _____

Comments: _____

Signed: _____ Director of Assessment

Date: _____

Additional Experience

Mountaineering Instructor Certificate

Mountaineering, Winter or Alpine Climbing, Mountain Rescue, Supervising Other Outdoor Activities

Give brief details

Page Number

--

Synopsis of Relevant Courses Attended

Mountaineering Instructor Certificate

Section 1

Please state type, organisation, and venue mountain rescue, advanced first aid, educational etc.	Date

Page Number

Synopsis of Instructing Experience

Mountaineering Instructor Certificate

Section 1

Type of course	Age of students	Organisation / Centre	Date/s
Duration	Ability of students	Number of courses worked	To
Type of course	Age of students	Organisation / Centre	Date/s
Duration	Ability of students	Number of courses worked	To
Type of course	Age of students	Organisation / Centre	Date/s
Duration	Ability of students	Number of courses worked	To

Give a Synopsis of your instructional experience

Page Number

--

Rock Climbing Experience in South Africa

Mountaineering Instructor Certificate

Area	Route	Grade	Category	Comments	Date

Category: Leader, Alternate, Solo, Instructor, Student

Page Number

Rock Climbing Experience Overseas

Mountaineering Instructor Certificate

Area	Route	Grade	Category	Comments	Date

Category: Leader, Alternate, Solo, Instructor, Student

Page Number

Mountain Walking Experience In South Africa

Mountaineering Instructor Certificate

Mountain region / peak	Status	Relevant comments route, weather etc.	1 000m	Camp	Date

The candidate should seek to demonstrate as much variety as possible in the choice of routes listed

Page Number

Mountain Walking Experience Overseas

Mountaineering Instructor Certificate

Mountain region / peak	Status	Relevant comments route, weather etc.	1 000m	Camp	Date

The candidate should seek to demonstrate as much variety as possible in the choice of routes listed

Page Number

**ROCK CLIMBING
INSTRUCTOR CERTIFICATE**

PROSPECTUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

ROCK CLIMBING INSTRUCTOR CERTIFICATE

PROSPECTUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Foreword

The South African Mountaineering Development and Training Programme (MDT) was developed to establish and maintain nationally recognised skills and training standards for the many clubs, organisations and individuals active in mountain related activities.

The MDT programme arose out of a mandate from representatives of the main mountaineering and hiking clubs of South Africa. At a conference held at Kirstenbosch in 1994, these organisations, recognising the fact that an increasing number of people were venturing into our mountains, increasing the risk of injury and death, felt that nationally recognised leadership and skills standards should be established. Since then many professional and semi-professional guides and instructors have become involved in, or endorsed the activities of the MDT.

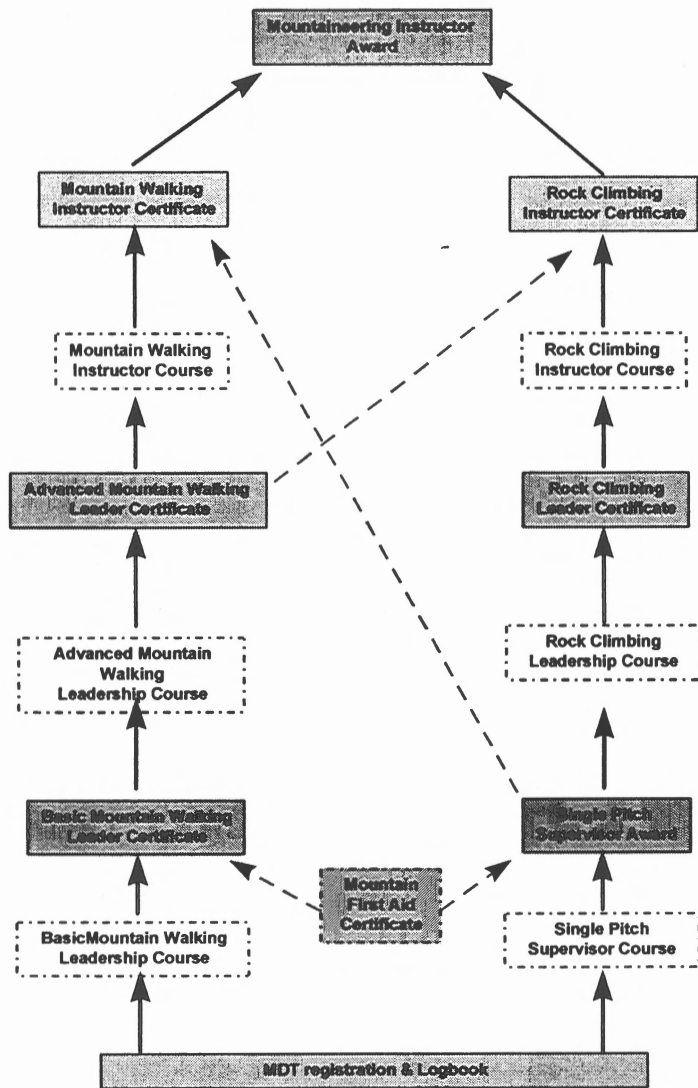
The MDT's Mountain Training Scheme integrates training and assessment in both mountain walking and rock climbing. Training and assessment courses cover all levels of skill from basic mountain walking and rock climbing through to the Mountaineering Instructor Award where the recipient is qualified to lead parties and instruct mountain-craft under all conditions in any of South Africa's mountains. The programme, standards, course syllabi and certification is co-ordinated and controlled by the South African Mountaineering and Training Trust which is a legally constituted body registered with the Master of the Supreme Court. Training and assessment courses are run by individuals approved and accredited by the Trust.

A graphical overview of the Mountain Training Scheme is provided on the next page.

Further information on the other components of the programme, how to register, or where to go for training and assessment can be obtained from:

The Training and Assessment Co-ordinator
MDT
PO Box 44621
Claremont
7735

AN OVERVIEW OF THE LEADERSHIP TRAINING SCHEME



Rock Climbing Instructor Certificate Prospectus

Introduction

The Rock Climbing Instructor Scheme provides comprehensive training and assessment for individuals working as instructors in a professional, semi-professional or amateur capacity, privately or at mountaineering centres. It integrates training and assessment in a variety of testing conditions in mountainous country.

The scheme provides training and assessment in the skills required to teach, and assess rock climbing and to lead groups in all the mountain areas of South Africa.

Stages

The scheme comprises of:

1. registration and issue of a log book
 2. a six day training course
 3. further experience gained during a consolidation period
 4. a four day assessment course
 5. continuing experience entered in a log book.
-

Registration

Candidates wishing to register must:

- be not less than 20 years of age
 - have at least 36 months of extensive personal experience of rock climbing in a variety of areas
 - hold the Single Pitch Supervisor Award
 - hold the Rock Climbing Leader Certificate
 - hold the Advanced Mountain Walking Leader Certificate
-

- have led or alternate-led a minimum of 30 named multi-pitch climbs of 17 standard or above in at least 3 main climbing areas [1]
- identify a suitable referee to endorse the registration application, preferably a mountaineering instructor or guide, but other long term climbing partners or suitable employer will be considered
- complete the registration form and enclose the appropriate fee.

Training

Before attending a training course candidates must ensure that they are registered with the MDT.

On completion of registration, and once in possession of a Leadership Training Scheme log book Rock Climbing Instructor Certificate insert, candidates must attend a training course run by an approved course provider [2].

The course is a minimum of six days in duration and usually residential. In certain cases it may run over a series of weekends.

During the course advice will be given about further experience. Candidates must present a completed log book at the start in order to assist the process.

Log book

Experience gained by candidates should be recorded in the log book. Entries should include all relevant experience, be concise and easily read.

The log book is divided into five sections and includes:

- a record of experience gained prior to the training course
- the particulars of the training course completed by the director of training

- a record of experience gained during the period between the training and assessment courses
 - particulars of the assessment course completed and issued by the director of assessment
-
- a record of experience gained after assessment.
-

Consolidation

During the period between training and assessment, candidates are expected to consolidate and evaluate the techniques shown during training and gain extensive personal experience of rock climbing, leadership and instruction in a number of mountain areas

Experience gained overseas, while valuable is not a substitute for specific experience gained in South Africa.

The consolidation period will be a minimum of twelve months.

First Aid

At the start of the assessment course the candidate must hold a currently valid approved first aid certificate.

Assessment

Before attending an assessment course candidates must:

- have completed 20 quality mountain days as leader in sole charge of a mixed ability group
 - have completed 20 rock climbing teaching days with students
 - have led or alternate-led a further 30 named multi-pitch climbs of 17 standard or above in at least 3 climbing areas [1] [3]
 - have acted in the capacity of assistant instructor on two rock climbing leader courses
 - be familiar with all aspects of the syllabus
-

- have gained a broad working knowledge of rock climbing including the crag and mountain environment and South African rock climbing history.
- have obtained a reference from a referee
- hold a valid approved first aid certificate

When applying for assessment, candidates must present their log book and first aid certificate to the director of assessment to confirm that sufficient experience has been gained.

During the residential assessment course, which lasts a minimum of four days, candidates will be tested in accordance with the syllabus requirements. The director of assessment will then endorse the log book and assessment report and make appropriate recommendations.

The assessment report will take one of three forms:

Pass: awarded where the candidate has demonstrated proper knowledge and application of the course syllabus and has shown the necessary experience for the application of rock climbing instruction.

Deferred: awarded where the candidate has generally performed at the required standard and shown the necessary experience and attributes, but where complete proficiency has not been attained. Written recommendations for further experience will be given, along with details of the proposed reassessment.

Fail: awarded where the candidate's performance had been weak, or the necessary experience and attributes have not been shown.

A panel of at least three assessors will be involved in deciding each candidates result.

Reassessment

A candidate cannot be reassessed for more than two days of the original four day assessment course. This must follow a minimum period of three months after the original assessment. A candidate may only take two reassessments before being required to take the entire course again. Since the reassessment will be based on information gained during the original assessment all reassessments must be completed within a five year period.

Exemption

Exemption from the consolidation period is possible for candidates who can demonstrate substantial experience prior to registration. It must be stressed that the consolidation period is an essential part of the preparation for assessment, enabling candidates to evaluate personally all the techniques demonstrated during training.

Exemption from stages two to four will only be gained in exceptional cases. Applications for exemption must be made in writing to the: The Convenor Accreditation Committee, South African Mountaineering Development and Training Programme.

Rock Climbing Instructor Certificate

Notes

1. A large proportion of these routes should be on mountain crags.
 2. A list of approved course providers is available from the MDT.
 3. During several days of the assessment candidates may climbing at this grade. Experience of leading harder routes is extremely valuable.
-

Experience

Candidates often experience some difficulty when compiling their log books and registration forms in trying to determine whether or not they meet the experience requirements of the Scheme.

The South African Mountaineering Development and Training Programme's Leadership Training Scheme is South Africa oriented, therefore the experience recorded should reflect this. Whilst experience gained climbing in for example, the Alps is undoubtedly valuable it is not necessarily the most appropriate. The Director of Assessment and the Accreditation Committee is looking for both depth and breadth of experience since candidates who only have the minimum experience are unlikely to benefit from either training or assessment.

Quality days

A quality mountain day should contain elements of planning, exploration and navigation; they should be strenuous and reasonably demanding; ideally on unfamiliar terrain which will necessitate the use of guide book, map and compass; and perhaps most importantly, the end result will give a sense of achievement, satisfaction and enjoyment.

Rock Climbing Instructor Certificate Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
*Mountain Leadership Training Scheme. Proposed Policy and Guidelines a
Consultative Document.*
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Mountain Instructor Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1994)**
Mountain Instructor Scheme Prospectus and Syllabus.
6. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

**ROCK CLIMBING
INSTRUCTOR CERTIFICATE**

SYLLABUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

ROCK CLIMBING INSTRUCTOR CERTIFICATE

SYLLABUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Rock Climbing Instructor Certificate Syllabus

Personal rock climbing

Candidates must be able to demonstrate:

- competent, safe and assured leading of multi-pitch rock climbs of 17 standard
 - care for and leadership of a party scrambling on rocky terrain including the use of short rope technique
 - safe control of a party in descent and retreat from a rock climb or steep broken ground
 - knowledge and use of a wide range of mountaineering and rock climbing equipment
 - suitable choice of a route, given the ability of a party, weather and conditions
 - an ability to navigate in mountain terrain with speed and efficiency.
-

Rock climbing instruction

Candidates must be able to:

- prepare and organise a day's rock climbing instruction for a large group on a single pitch crag, including climbing, bouldering, top-roping, abseiling and lowering
 - assess the ability of a group and give a safe, enjoyable and educational day
 - instruct and coach committed rock climbers on multi-pitch climbs, teaching: rock climbing skills, advanced rope work and leading.
-

Improvised rescue Candidates must be able to:

perform a variety of improvised rescue techniques using normal climbing equipment, including lowering, hoisting, abseiling, prussiking and escaping from the system

assess a crag problem and determine the most efficient and effective solution

Mountain rescue

Candidates must be able to assess an accident scene, and implement appropriate action

Assessment of risk and its application

Candidates must be:

- aware of the responsibilities of the rock climbing instructor to the South African Mountaineering Development and Training Programme, employer and society
 - evaluate the needs and requirements of the individual and the party and to obtain a suitable level of adventure, risk and safety.
-

Accreditation scheme

Candidates must be:

- able to demonstrate an ability to instruct and supervise the elements of the Single Pitch Supervisor Award and the Rock Climbing Leader Certificate levels
 - aware of the standards required for the assessment of the above awards and knowledgeable on suitable methods of assessment
 - knowledgeable on the philosophy, structure and organisation of the above awards
-

Mountain environment

Candidates must be:

- knowledgeable on the mountain environment, including: geology, natural history, flora and fauna
 - knowledgeable on the multiple use of mountain areas and the necessity for the conservation and protection of land against human pressures
 - aware of the problems relating to access to mountainous country and our impact upon it
 - able to enthuse and educate others in the above topics
-

Development of rock climbing

Candidates must be able to demonstrate:

- knowledge of rock climbing history
 - knowledge of a wide range of rock climbing literature including instructional books, guide books and biographical elements
 - knowledge of the structure of clubs and mountaineering organisations
-

Rock Climbing Instructor Certificate

Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
*Mountain Leadership Training Scheme. Proposed Policy and Guidelines a
Consultative Document.*
3. **Mountain Leader Training Board (UK)**
Mountain Instructor Scheme Prospectus and Syllabus.
4. **United Kingdom Mountain Training Board (1994)**
Mountain Instructor Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

ROCK CLIMBING

INSTRUCTOR CERTIFICATE

LOG BOOK INSERT

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Rock Climbing Instructor Certificate

Status and Particulars

Name: _____

Address: _____

_____ Postal Code: _____

Date of Birth: _____

Registration Date: _____

Training

(approved sticker)

Assessment

(approved sticker)

First Aid Certificate

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Candidate Registration Number

Rock Climbing Instructor Certificate

Introduction

This log book should be completed and maintained as a current record of the candidate's rock climbing experience. It should be submitted to the Director of Assessment at least one month prior to the assessment course.

Contents

Section 1	RCIC status and particulars Introduction & Contents Qualifications Relevant courses Reference (completed by a referee) Instructional experience Rock climbing experience in South Africa Rock climbing experience overseas Mountain walking experience Additional experience
Section 2	Training report (completed by the Director of Training)
Section 3	Instructional experience Rock climbing experience in South Africa Rock climbing experience overseas Mountain walking experience Additional experience
Section 4	Assessment report (completed by the Director of Assessment)
Section 5	Further experience
Section 6	Unused sheets

The candidate is expected to number the pages, and enter the relevant information in the appropriate sections in accordance with the syllabus. Blank pages may be photocopied for additional entries. Diaries or other miscellaneous items are not acceptable.

Rock Climbing Instructor Certificate Reference

Completed by a Referee

Candidate's name: _____

Appraisal of the candidate's suitability as a rock climbing instructor by a referee, giving comments where applicable.

Please give comment on the following: How long have you known the candidate and in what capacity? Standard of personal rock climbing, instructional experience, etc.

This information will be useful to the Director of Assessment and to future employers.

Section 1

Signed: _____ **Name:** _____

Address: _____

Tel (home): _____ **Tel (work):** _____

Position: _____

Qualification: _____

Date: _____

Rock Climbing Instructor Certificate Training Course Report

Completed by the Director of Training

Name: _____

Course Provider: _____

Course Provider Code: _____

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Candidate Registration Number

--

Rock Climbing Instructor Certificate Training Course Report

Completed by the Director of Training

Name: _____

Candidate Registration Number

Attending a training course with:

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Date: _____

Rock Climbing Instructor Certificate Consolidation Period

During the consolidation period between training and assessment, the candidate is advised to gain as wide a range of experience as possible which should be recorded in the following pages.

Before attending an assessment course the candidate must:

- have registered with the MDT
- have attended a training course with an approved course provider
- have gained at least twelve months experience between training and assessment
- be able to lead climbs graded 17
- have led a further 30 named multi-pitch climbs graded 17 in at least 3 climbing areas
- have completed 20 rock climbing teaching days
- have acted in the capacity of assistant instructor on at least 2 rock climbing leader courses
- have gained a broad working knowledge of rock climbing, including the crag and mountain environment, and South African climbing history
- have completed 20 quality mountain days as leader in sole charge of a mixed ability group
- be familiar with all aspects of the syllabus
- hold a currently valid first aid certificate
- have obtained a reference.

All the above items must be listed in the log book before the candidate is eligible for assessment.

Rock Climbing Instructor Certificate Assessment Report

Completed by the Director of Assessment

Name: _____

Candidate Registration Number

Attended an assessment course with:

from: _____ to: _____

The assessment examined the candidate's ability to: fulfill the requirements of the syllabus; demonstrate an ability to teach and assess rock climbing and lead groups in all mountain areas.

Result: _____

Comments: _____

Signed: _____ Director of Assessment

Date: _____

Synopsis of Relevant Courses Attended

Rock Climbing Instructor Certificate

Section 1

Please state type, organisation, and venue mountain rescue, advanced first aid, educational etc.	Date

Page Number

Synopsis of Instructing Experience

Rock Climbing Instructor Certificate

Section 1

Type of course	Age of students	Organisation / Centre	Date/s
Duration	Ability of students	Number of courses worked	To
Type of course	Age of students	Organisation / Centre	Date/s
Duration	Ability of students	Number of courses worked	To
Type of course	Age of students	Organisation / Centre	Date/s
Duration	Ability of students	Number of courses worked	To

Give a Synopsis of your instructional experience; particularly related to rock climbing

Page Number

--

Rock Climbing Experience in South Africa

Rock Climbing Instructor Certificate

Area	Route	Grade	Category	Comments	Date

Category: Leader, Alternate, Solo, Instructor, Student

Page Number

Rock Climbing Experience Overseas

Rock Climbing Instructor Certificate

Area	Route	Grade	Category	Comments	Date

Category: Leader, Alternate, Solo, Instructor, Student

Page Number

Mountain Walking Experience In South Africa

Rock Climbing Instructor Certificate

Mountain region / peak	Status	Relevant comments route, weather etc.	1 000m	Camp	Date

The candidate should seek to demonstrate as much variety as possible in the choice of routes listed

Page Number

Mountain Walking Experience Overseas

Rock Climbing Instructor Certificate

Mountain region / peak	Status	Relevant comments route, weather etc.	1 000m	Camp	Date

The candidate should seek to demonstrate as much variety as possible in the choice of routes listed

Page Number

Additional Experience

Rock Climbing Instructor Certificate

Mountaineering, Winter or Alpine Climbing, Mountain Rescue, Supervising Other Outdoor Activities

Give brief details

Page Number

**MOUNTAIN WALKING
INSTRUCTOR CERTIFICATE**

PROSPECTUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

MOUNTAIN WALKING INSTRUCTOR CERTIFICATE

PROSPECTUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Foreword

The South African Mountaineering Development and Training Programme (MDT) was developed to establish and maintain nationally recognised skills and training standards for the many clubs, organisations and individuals active in mountain related activities.

The MDT programme arose out of a mandate from representatives of the main mountaineering and hiking clubs of South Africa. At a conference held at Kirstenbosch in 1994, these organisations, recognising the fact that an increasing number of people were venturing into our mountains, increasing the risk of injury and death, felt that nationally recognised leadership and skills standards should be established. Since then many professional and semi-professional guides and instructors have become involved in, or endorsed the activities of the MDT.

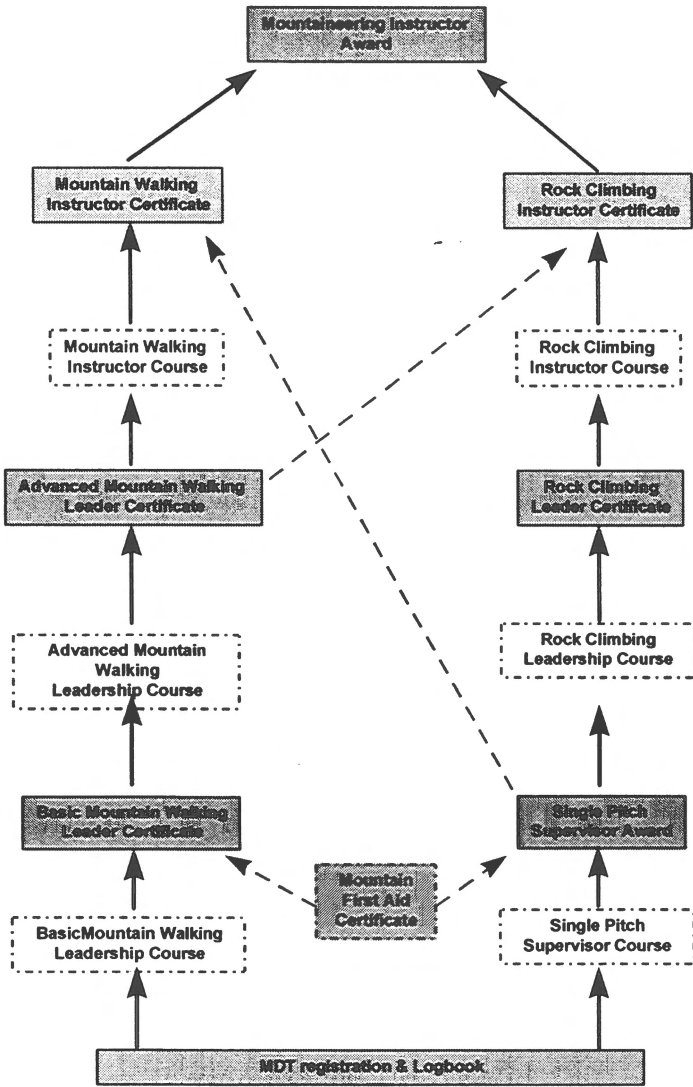
The MDT's Mountain Training Scheme integrates training and assessment in both mountain walking and rock climbing. Training and assessment courses cover all levels of skill from basic mountain walking and rock climbing through to the Mountaineering Instructor Award where the recipient is qualified to lead parties and instruct mountain-craft under all conditions in any of South Africa's mountains. The programme, standards, course syllabi and certification is co-ordinated and controlled by the South African Mountaineering and Training Trust which is a legally constituted body registered with the Master of the Supreme Court. Training and assessment courses are run by individuals approved and accredited by the Trust.

A graphical overview of the Mountain Training Scheme is provided on the next page.

Further information on the other components of the programme, how to register, or where to go for training and assessment can be obtained from:

The Training and Assessment Co-ordinator
MDT
PO Box 44621
Claremont
7735

AN OVERVIEW OF THE LEADERSHIP TRAINING SCHEME



Mountain Walking Instructor Certificate Prospectus

Introduction

The Mountain Walking Instructor Scheme provides comprehensive training and assessment for individuals working as instructors in a professional, semi-professional or amateur capacity, privately or at mountaineering centres. It integrates training and assessment in a variety of testing conditions in mountainous country.

The scheme provides training and assessment in the skills required to teach, and assess mountain leadership and to lead groups in all mountain areas of South Africa.

Stages

The scheme comprises of:

1. registration and issue of a log book
 2. a six day training course
 3. further experience gained during a consolidation period
 4. a four day assessment course
 5. continuing experience entered in a log book.
-

Registration

Candidates wishing to register must:

- be not less than 20 years of age
 - have at least 36 months of substantial independent experience in mountaineering in a variety of areas
 - hold the Advanced Mountain Walking Leader Certificate
 - hold the Basic Mountain Walking Leader Certificate
 - have completed 20 quality mountain days as a leader in sole charge of a mixed ability group [1]
 - hold the Single Pitch Supervisor Award
-

- identify a suitable referee to endorse the registration application, preferably a mountaineering instructor or guide, but other long term climbing partners or suitable employer will be considered
 - complete the registration form and enclose the appropriate fee.
-

Training

Before attending a training course candidates must ensure that they are registered with the MDT.

On completion of registration, and once in possession of a Leadership Training Scheme log book, Mountain Walking Instructors Certificate insert, candidates must attend a training course run by an approved course provider [2].

The course is a minimum of six days in duration and usually residential. In certain cases it may run over a series of weekends.

During the course advice will be given about further experience.

Candidates must present a completed log book at the start of the training course in order to assist the process.

Log book

Experience gained by candidates should be recorded in the log book. Entries should include all relevant experience, be concise and easily read.

The log book is divided into five sections and includes:

- a record of experience gained prior to the training course
 - the particulars of the training course completed by the director of training
-

- a record of experience gained during the period between the training and assessment courses
 - particulars of the assessment course completed and issued by the director of assessment
 - a record of experience gained after assessment.
-

Consolidation

During the period between training and assessment, candidates are expected to consolidate and evaluate the techniques shown during training and gain extensive personal experience of mountain walking, leadership and instruction in a number of mountain areas.

Experience gained overseas, while valuable is not a substitute for specific experience gained in South Africa.

The consolidation period will be a minimum of twelve months.

First Aid

At the start of the assessment course Candidates must hold a currently valid approved first aid certificate.

Assessment

Before attending an assessment course candidates must:

- have completed a further 20 quality mountain days as leader in sole charge of a mixed ability group [3]
 - have completed 20 quality single pitch supervision days as a leader in sole charge of a mixed ability group [4]
 - have acted in the capacity of assistant instructor on two mountain walking leader courses
 - be familiar with all aspects of the syllabus
 - have obtained a reference from a referee
 - have gained a broad working knowledge of mountain walking including the mountain environment and South African mountaineering history
 - hold a valid approved mountain first aid certificate.
-

When applying for assessment, candidates must present their log book and first aid certificate to the director of assessment to confirm that sufficient experience has been gained.

During the residential assessment course, which lasts a minimum of four days, candidates will be tested in accordance with the syllabus requirements. The director of assessment will then endorse the log book and assessment report and make appropriate recommendations.

The assessment report will take one of three forms:

Pass: awarded where the candidate has demonstrated proper knowledge and application of the course syllabus and has shown the necessary experience for the application of mountain walking instruction.

Deferred: awarded where the candidate has generally performed at the required standard and shown the necessary experience and attributes, but where complete proficiency has not been attained.

Written recommendations for further experience will be given, along with details of the proposed reassessment.

Fail: awarded where the candidate's performance had been weak, or the necessary experience and attributes have not been demonstrated.

A panel of at least three assessors will be involved in deciding each candidate's result.

Reassessment

A candidate cannot be reassessed for more than two days of the original four day assessment course. This must follow a minimum period of three months after the original assessment. A candidate may only take two reassessments before being required to take the entire course again. Since

the reassessment will be based on information gained during the original assessment all reassessments must be completed within a five year period.

Exemption

Exemption from the consolidation period is possible for candidates who can demonstrate substantial experience prior to registration. It must be stressed that the consolidation period is an essential part of the preparation for assessment, enabling candidates to evaluate personally all the techniques demonstrated during training.

Exemption from stages two to four will only be gained in exceptional cases. Applications for exemption must be made in writing to: The Convenor, Accreditation Committee, South African Mountaineering Development and Training Programme.

Mountain Walking Instructor Certificate

Notes

1. These should not be repeat days and should be obtained in a period following completion of the Advanced Mountain Walking Leader Certificate.
 2. A list of approved course providers is available from the MDT.
 3. These should not be repeat days and should include mountain walking and camping in a variety of areas, including trips in inclement weather.
 4. These should be obtained in a period following completion of the Single Pitch Supervisor Award
-

Experience

Candidates often experience some difficulty when compiling their log books and registration forms in trying to determine whether or not they meet the experience requirements of the Scheme.

The South African Mountaineering Development and Training Programme's Leadership Training Scheme is South Africa oriented, therefore the experience recorded should reflect this. Whilst experience gained climbing in for example, the Alps is undoubtedly valuable it is not necessarily the most appropriate. The Director of Assessment and the Accreditation Committee is looking for both depth and breadth of experience since candidates who only have the minimum experience are unlikely to benefit from either training or assessment.

Quality days

A quality mountain day should contain elements of planning, exploration and navigation; they should be strenuous and reasonably demanding; ideally on unfamiliar terrain which will necessitate the use of map and compass;

and perhaps most importantly, the end result will give a sense of achievement, satisfaction and enjoyment.

Mountain Walking Instructor Certificate Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
*Mountain Leadership Training Scheme. Proposed Policy and Guidelines c
Consultative Document.*
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Mountain Instructor Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1994)**
Mountain Instructor Scheme Prospectus and Syllabus.
6. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

**MOUNTAIN WALKING
INSTRUCTOR CERTIFICATE**

SYLLABUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

MOUNTAIN WALKING INSTRUCTOR CERTIFICATE

SYLLABUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Mountain Walking Instructor Certificate Syllabus

Personal mountain walking Candidates must be able to demonstrate:

- care for and leadership of a party scrambling on rocky terrain including the use of short rope techniques
 - safe control of a party in descent and retreat on steep broken ground
 - knowledge and use of a wide range of equipment
 - a suitable choice of route, given the ability of a party, weather and conditions
 - navigation, with speed and efficiency in all conditions.
-

Mountain walking instruction Candidates must be able to:

- structure, organise, lead and perform instruction in mountain walking for participants who range from novice to committed mountain walker
 - assess the ability of a group and give a safe, enjoyable and educational day
 - instruct committed mountain walkers in all aspects of mountain craft and leadership
 - instruct all aspects of navigation.
-

Mountain rescue Candidates must be able to assess an accident scene, and implement appropriate action.

Assessment of risk and its application Candidates must be:

- awareness of the responsibilities of the mountain walking instructor to the South African Mountaineering Development and Training programme, employer and society
 - able to evaluate the needs and requirements of the individual and the party and to obtain a suitable level of adventure, risk and safety.
-

Accreditation scheme

Candidates must be:

- able to demonstrate an ability to instruct and supervise the elements of the Basic and Advanced Mountain Walking Leader Schemes
 - aware of the standards required for assessment of the above certificates and knowledgeable on suitable methods of assessment
 - knowledgeable on the philosophy, structure and organisation of the above certificates.
-

Mountain environment

Candidates must be:

- knowledgeable on the mountain environment, including: geology, natural history, flora and fauna
 - knowledgeable on the multiple use of mountain areas and the necessity for the conservation and protection of land against human pressures
 - aware of the problems relating to access to mountainous country and our impact upon it
 - able to enthuse and educate others in the above topics.
-

Development of mountain walking

Candidates must be able to demonstrate:

- knowledge of mountain walking history
-

- knowledge of a wide range of mountain literature including instructional books, guide books and biographical elements
 - knowledge of the structure of clubs and mountaineering organisations.
-

Mountain Walking Instructor Certificate Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
*Mountain Leadership Training Scheme. Proposed Policy and Guidelines a
Consultative Document.*
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Mountain Instructor Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1994)**
Mountain Instructor Scheme Prospectus and Syllabus.
6. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN WALKING INSTRUCTOR CERTIFICATE

LOG BOOK INSERT

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Mountain Walking Instructor Certificate Status and Particulars

Name: _____

Address: _____

_____ Postal Code: _____

Date of Birth: _____

Registration Date: _____

Training

(approved sticker)

Assessment

(approved sticker)

First Aid Certificate

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Candidate Registration Number

Occupation: _____

Outdoor Center, Business, Organisation, Club (if applicable): _____

Qualifications and experience in instruction and leadership: _____

Mountain Walking Instructor Certificate

Introduction

This log book should be completed and maintained as a current record of the candidate's mountain walking experience. It should be submitted to the Director of Assessment at least one month prior to the assessment course.

Contents

Section 1	MWIC status and particulars Introduction & Contents Qualifications Relevant courses Reference (completed by a referee) Instructional experience Mountain walking experience in South Africa Mountain walking experience overseas Single pitch supervising experience Additional experience
Section 2	Training report (completed by the Director of Training)
Section 3	Instructional experience Mountain walking experience in South Africa Mountain walking experience overseas Single pitch supervising experience Additional experience
Section 4	Assessment report (completed by the Director of Assessment)
Section 5	Further experience
Section 6	Unused sheets

The candidate is expected to number the pages, and enter the relevant information in the appropriate sections in accordance with the syllabus. Blank pages may be photocopied for additional entries. Diaries or other miscellaneous items are not acceptable.

Mountain Walking Instructor Certificate Qualifications

Occupation: _____

Employer: _____

List any relevant mountaineering, outdoor activity, academic or professional qualifications.

[illegible]

Mountain Walking Instructor Certificate Reference

Completed by a Referee

Candidate's name: _____

Appraisal of the candidate's suitability as a mountain walking instructor by a referee, giving comments where applicable.

Please give comment on the following: How long have you known the candidate and in what capacity? Standard of mountain leadership instructional experience etc.

This information will be useful to the Director of Assessment and to future employers.

Section 1

Signed: _____ Name: _____

Address: _____

Tel (home): _____ Tel (work): _____

Position: _____

Qualification: _____

Date: _____

Mountain Walking Instructor Certificate Training Course Report

Completed by the Director of Training

Name: _____

Course Provider: _____

Course Provider Code: _____

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Candidate Registration Number

--

Mountain Walking Instructor Certificate Training Course Report

Completed by the Director of Training

Name: _____

Candidate Registration Number

Attending a training course with:

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Date: _____

Mountain Walking Instructor Certificate Consolidation Period

During the consolidation period between training and assessment, the candidate is advised to gain a wide variety of experience which should be entered in the following pages.

Before attending an assessment course the candidate must:

- have registered with the MDT
- have attended a training course with an approved course provider
- have gained at least twelve months experience between training and assessment
- have completed a further 20 quality mountain days as leader in sole charge of a mixed ability group
- have acted in the capacity of assistant instructor on at least 2 mountain walking leader courses
- have completed 20 quality single pitch supervision days as leader in sole charge of a mixed ability group
- have gained a broad working knowledge of mountain walking, including the mountain environment and SA mountaineering history
- be familiar with all aspects of the syllabus
- hold a currently valid first aid certificate
- have obtained a reference.

All of the above items must be entered in the log book before the candidate is eligible for assessment.

Mountain Walking Instructor Certificate Assessment Report

Completed by the Director of Assessment

Name: _____

Candidate Registration Number

Attended an assessment course with:

from: _____ to: _____

The assessment examined the candidate's ability to fulfill the requirements of the syllabus, demonstrate an ability to teach and assess mountain walking leadership, and lead groups in all mountain areas.

Result: _____

Comments: _____

Signed: _____ Director of Assessment

Date: _____

Synopsis of Relevant Courses Attended

Mountain Walking Instructor Certificate

Section 1

Please state type, organisation, and venue mountain rescue, advanced first aid, educational etc.	Date

Page Number

Synopsis of Instructing Experience

Mountain Walking Instructor Certificate

Section 1

Type of course	Age of students	Organisation / Centre	Date/s
Duration	Ability of students	Number of courses worked	To
Type of course	Age of students	Organisation / Centre	Date/s
Duration	Ability of students	Number of courses worked	To
Type of course	Age of students	Organisation / Centre	Date/s
Duration	Ability of students	Number of courses worked	To
Give a Synopsis of your instructional experience			Page Number

Mountain Walking Experience In South Africa

Mountain Walking Instructor Certificate

Mountain region / peak	Status	Relevant comments route, weather etc.	1 000m	Camp	Date

The candidate should seek to demonstrate as much variety as possible in the choice of route listed

Page Number

Mountain Walking Experience Overseas

Mountain Walking Instructor Certificate

Mountain region / peak	Status	Relevant comments route, weather etc.	1 000m	Camp	Date

The candidate should seek to demonstrate as much variety as possible in the choice of route listed

Page Number

Rock Climbing Experience in South Africa

Mountain Walking Instructor Certificate

Area	Route	Grade	Category	Comments	Date

Category: Leader, Alternate, Solo, Instructor, Student

Page Number

Rock Climbing Experience Overseas
Mountain Walking Instructor Certificate

Area	Route	Grade	Category	Comments	Date

Category: Leader, Alternate, Solo, Instructor, Student

Supervising Experience

Mountain Walking Instructor Certificate

Venue	Status	Group and Activity	Duration	For Whom	Comments	Date

Page Number

Additional Experience

Mountain Walking Instructor Certificate

Mountaineering, Winter or Alpine Climbing, Mountain Rescue, Supervising Other Outdoor Activities

Give brief details

Page Number

**ROCK CLIMBING
LEADER CERTIFICATE**

PROSPECTUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

ROCK CLIMBING LEADER CERTIFICATE

PROSPECTUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Foreword

The South African Mountaineering Development and Training Programme (MDT) was developed to establish and maintain nationally recognised skills and training standards for the many clubs, organisations and individuals active in mountain related activities.

The MDT programme arose out of a mandate from representatives of the main mountaineering and hiking clubs of South Africa. At a conference held at Kirstenbosch in 1994, these organisations, recognising the fact that an increasing number of people were venturing into our mountains, increasing the risk of injury and death, felt that nationally recognised leadership and skills standards should be established. Since then many professional and semi-professional guides and instructors have become involved in, or endorsed the activities of the MDT.

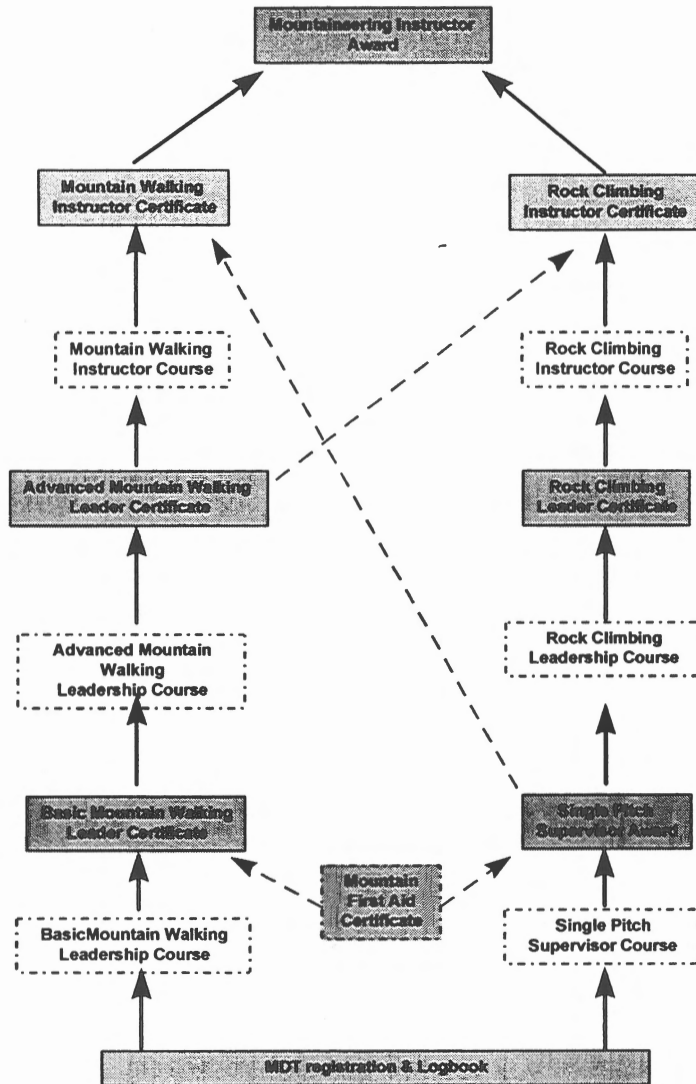
The MDT's Mountain Training Scheme integrates training and assessment in both mountain walking and rock climbing. Training and assessment courses cover all levels of skill from basic mountain walking and rock climbing through to the Mountaineering Instructor Award where the recipient is qualified to lead parties and instruct mountain-craft under all conditions in any of South Africa's mountains. The programme, standards, course syllabi and certification is co-ordinated and controlled by the South African Mountaineering and Training Trust which is a legally constituted body registered with the Master of the Supreme Court. Training and assessment courses are run by individuals approved and accredited by the Trust.

A graphical overview of the Mountain Training Scheme is provided on the next page.

Further information on the other components of the programme, how to register, or where to go for training and assessment can be obtained from:

The Training and Assessment Co-ordinator
MDT
PO Box 44621
Claremont
7735

AN OVERVIEW OF THE LEADERSHIP TRAINING SCHEME



Rock Climbing Leader Certificate Prospectus

Introduction

The Rock Climbing Leader Scheme provides comprehensive training and assessment for those working in a **voluntary capacity** who wish to lead groups on multi-pitch rock climbs of moderate severity.

Scope

The scheme offers candidates the opportunity to gain technical competence in leading (groups) on multi-pitch rock climbs of moderate severity that:

- are non-serious and have little objective danger
- present no difficulties of approach or retreat
- present no difficulties in route finding.

The scheme does not cover the skills needed to approach and retreat from mountain crags.

Completion of a training course alone, without taking and assessment course, is not a qualification in itself, although it may be of considerable benefit to the trainee.

Stages

The Scheme consists of:

1. registration and issue of a log book
 2. a five day training course
 3. further experience gained during a consolidation period
 4. a three day assessment course
 5. Continuing experience entered in a log book.
-

Registration

Candidates wishing to register must:

- not be less than 20 years of age
- have a genuine interest in rock climbing and group leadership
- have at least 24 months experience of rock climbing
- hold the Single Pitch Supervisor Award
- complete the registration form and enclose the appropriate fee.

Training

Before attending a training course candidates must ensure that they are registered with the MDT.

On completion of registration, and once in possession of a Leadership Training Scheme log book, Rock Climbing Leader Certificate insert, candidates must attend a training course run by an approved course provider [1].

The course is a minimum of five days in duration and usually residential. In certain cases it may be run over a series of weekends.

The training course is for potential leaders and assumes basic competence in rock climbing. It emphasises those skills which the candidate might have difficulty in learning without guidance.

The director of the training course will complete the appropriate page/s in the candidate's log book.

Log book

The Candidate's relevant experience of rock climbing should be recorded in the log book. Entries should be concise and easily read, providing a complete record of the candidates experience.

The log book is divided into five sections, including:

- a record of experience gained prior to the training course [2]

- particulars of the training course completed by the director of training
 - a record of experience gained during the period between the training and assessment courses
 - particulars of the assessment course completed and issued by the director of assessment
 - a record of experience gained after assessment
-

Consolidation

During the period between training and assessment, candidates are expected to gain extensive experience of rock climbing in a number of areas and venues and some practice in leading parties on climbs of moderate severity.

The consolidation period will be a minimum of twelve months.

Experience gained overseas, while valuable is not a substitute for specific experience gained in South Africa. Candidates should therefore have substantial experience of South African mountains.

First Aid

At the start of the assessment course the candidate must hold a currently valid approved First Aid Certificate

Assessment

Before attending an assessment course candidates must:

- have led or alternate-led 20 named multi-pitch climbs at grade 15 or above in at least 3 climbing areas
 - have acted in the capacity of assistant leader to a group on a multi-pitch climbs on a number of occasions
 - be familiar with all aspects of the syllabus
 - have gained a broad working knowledge of rock climbing including the crag and mountain environment
 - have obtained a reference from a referee
 - hold a valid approved first aid certificate
-

When applying for assessment, candidates must present their log book and first aid certificate to the director of assessment to confirm that sufficient experience has been gained.

During the residential assessment course, which lasts a minimum of three days, candidates will be tested in accordance with the syllabus requirements. The director of assessment will then endorse the log book and assessment report and make appropriate recommendations.

The assessment report will take one of three forms:

Pass: awarded when the candidate has demonstrated a proper knowledge and application of the course syllabus and had shown the necessary experience for and attributes of basic mountain leadership.

Deferred: awarded where the candidate has generally performed well and has shown the necessary experience and attributes, but where complete proficiency has not been attained in certain aspects of the syllabus.

Recommended reassessment: awarded where the candidate's performance has been weak, or the necessary experience and attributed have not been shown.

Exemption

Exemption from stages two to four will only be gained in exceptional cases. Applications for exemption must be made in writing to: The Convenor, The Accreditation Committee, South African Mountaineering Development and Training Programme.

Rock Climbing Leader Certificate

Notes

1. A list of approved course providers is available from the MDT.
 2. A brief summary is required covering early experience. Greater detail is required for mountain trips undertaken during the year prior to the training course
-

Scope

It is the duty of the employer or operating authority to decide whether a leader possesses the personal attributes needed to take responsibility for a group of people. It is the combination of technical skills, wide experience and personal qualities which forms the basis for effective group management. The scheme assesses the technical skills and experience - the employer or operating authority must gauge personal qualities.

Experience

Candidates often experience some difficulty when compiling their log books and registration forms in trying to determine whether or not they meet the experience requirements of the Scheme.

The South African Mountaineering Development and Training Programme's Leadership Training Scheme is South Africa oriented, therefore the experience recorded should reflect this. Whilst experience gained climbing in for example, the Alps is undoubtedly valuable it is not necessarily the most appropriate. The Director of Assessment and the Accreditation Committee is looking for both depth and breadth of experience since candidates who only have the minimum experience are unlikely to benefit from either training or assessment.

Rock Climbing Leader Certificate Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
Mountain Leadership Training Scheme. Proposed Policy and Guidelines a Consultative Document.
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Mountain Instructor Scheme Prospectus and Syllabus.
5. **Mountain Leader Training Board (UK)**
Single Pitch Supervisors Award Prospectus and Syllabus.
6. **United Kingdom Mountain Training Board (1994)**
Mountain Instructor Scheme Prospectus and Syllabus.
7. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

**ROCK CLIMBING
LEADER CERTIFICATE**

SYLLABUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

ROCK CLIMBING LEADER CERTIFICATE

SYLLABUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Rock Climbing Leader Certificate Syllabus

Equipment

Candidates must be able to demonstrate knowledge of a wide range of climbing equipment, its correct use, suitability for different situations, life span and technical information. This must include, ropes, harnesses, helmets, footwear, karabiners, belay devices, tape slings and accessory cord, chocks, wedges and hexentrics, spring loaded camming devices (SLCDs), technical camming units (TCUs), quick draws and extensions, descendeurs and ascenders.

Personal competence

Anchors

Candidates must be able to demonstrate an ability to choose suitable anchors in a variety of situations, including the use of:

- spikes and blocks
- threads, Chockstones and trees
- nuts and camming devices
- stakes, bolts and pitons.

Belaying

Candidates must be able to:

- set up sound belay systems to single and multiple anchors
- connect self and others to the anchors
- set up top and bottom rope systems
- demonstrate a variety of belay techniques, and choose the most appropriate devices for given situations
- demonstrate an ability to hold falls and perform lowers.

Climbing (Sport and multi-pitch techniques)

Candidates must be able to:

- read and interpret guide books effectively
- choose climbs suited to their ability
- choose climbing partners
- demonstrate good climbing technique and move smoothly on rock graded 15
- demonstrate single and double rope techniques
- place suitable runners to protect a lead and arrange appropriate belays to protect the second
- demonstrate rope management at stances and changeovers
- demonstrate the use of in-situ bolt and pegs
- demonstrate knowledge of the safety chain, falls and fall factors.
- demonstrate an ability to solve common problems including tangles, jamming, and inadvertent locking

Descending

Candidates must be able to demonstrate:

- safe control of a party in descent and retreat from a rock climb on steep broken ground
- abseil anchors and joining ropes
- fixed and releasable abseils
- friction devices and their appropriate use
- methods of safeguarding a descent
- an ability to solve common problems including tangles, jamming, and inadvertent locking

Emergencies

Self rescue and improvised crag rescue (an introduction)

Candidates must be able to:

- perform a variety of improvised rescue techniques using normal climbing equipment, including: lowering, hoisting, abseiling, prussiking and escaping from the system
 - assess a crag problem and determine the most efficient and effective solution
 - assist a "stuck" climber or abseiler.
-

Accidents

Candidates must be able to:

- assess an accident scene, and implement appropriate action
 - administer basic first aid
-

Crag environment

Access

Candidates must be able to demonstrate knowledge of:

- land ownership, access and the permit system
 - issues affecting access to climbing area
-

Conservation

Candidates must be able to demonstrate knowledge of:

- good practice in the conservation of the mountain and crag environment
- the impact of climbers on the crag and mountain environment
- locally important features, plant and animal species and the legal situation related to them
- current conservation guidelines

and be able to:

- manage a party so as to leave the crag and mountain environment in an improved condition.

Etiquette

Candidates must be able to:

- demonstrate a knowledge of local rock climbing ethics
 - operate in a style which minimises the impact on and risk to other climbers
-

Useful techniques and practice

Physical

Candidates should have a knowledge of training techniques, warming up, stretching and injury avoidance.

Psychological

Candidates should have a knowledge of psyching-up, visualisation and focus.

Rock Climbing Leader Certificate Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
Mountain Leadership Training Scheme. Proposed Policy and Guidelines a Consultative Document.
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Mountain Instructor Scheme Prospectus and Syllabus.
5. **Mountain Leader Training Board (UK)**
Single Pitch Supervisors Award Prospectus and Syllabus.
6. **United Kingdom Mountain Training Board (1994)**
Mountain Instructor Scheme Prospectus and Syllabus.
7. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

ROCK CLIMBING LEADER CERTIFICATE

LOG BOOK INSERT

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Rock Climbing Leader Certificate

Status and Particulars

Name: _____

Address: _____

_____ Postal Code: _____

Date of Birth: _____

Registration Date: _____

Training

(approved sticker)

Assessment

(approved sticker)

First Aid Certificate

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Candidate Registration Number

Occupation: _____

Outdoor Center, Business, Organisation, Club (if applicable): _____

Qualifications and experience in teaching and youth leadership:

Rock Climbing Leader Certificate Training Course Report

Completed by the Director of Training

Name: _____

Course Provider: _____

Course Provider Code: _____

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Candidate Registration Number

--

Rock Climbing Leader Certificate Training Course Report

Completed by the Director of Training

Name: _____

Candidate Registration Number

Attending a training course with:

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Date: _____

Rock Climbing Leader Certificate Consolidation Period

During the consolidation period, between training and assessment, the candidate is advised to climb at as wide a range of venues as possible, both as an individual and when involved in the supervision of others. The following pages should contain a record of that experience. Note will be taken of any entries on the additional experience pages, but these are not mandatory.

Before attending an assessment course the candidate must:

- have registered with the MDT
- have attended a training course with an approved course provider
- have gained at least twelve months further experience between training and assessment
- have led 20 named multi-pitch climbs in at least 3 climbing areas
- be able to lead climbs graded 15
- be familiar with the syllabus
- hold a valid first aid certificate.
- have obtained a reference (personal profile).

The MDT recommends that all but the most experienced candidate allow a minimum of twelve months active further experience between training and assessment.

As guidance, the candidate should have at least twenty multi-pitch entries graded 15, and personal climbing totaling at least sixty pitches. Those with extensive experience who choose not to log every climb should give examples of the diversity of their experience.

Rock Climbing Leader Certificate Personal Profile

Candidate's name: _____

Appraisal of the candidate as a supervisor by a referee, giving comments where applicable.

Use of equipment: _____

General confidence: _____

Protection of seconds: _____

Communication skills: _____

Comments regarding groups, activities undertaken, venues and any other information which may be useful.

Other comments: _____

Signed: _____ Name: _____

Address: _____

Tel (home): _____ Tel (work): _____

Position: _____

Qualification: _____

Date: _____

Rock Climbing Leader Certificate Assessment Report

Completed by the Director of Assessment

Name: _____

Candidate Registration Number

Attended an assessment course with:

from: _____ to: _____

The assessment examined the candidate's ability to: fulfill the requirements of the syllabus; demonstrate the technical competence to lead and supervise groups on multi-pitch climbs.

Result: _____

Comments: _____

Signed: _____ Director of Assessment

Date: _____

Single Pitch Supervisor Award

Log Book Notes

The logbook contains the following pages:

- Candidate's Rock Climbing Leader Certificate status and particulars
- Personal rock climbing experience sheets
- Supervising experience sheets
- Additional experience sheets
- Training report (completed by the Director of Training)
- Pre-assessment notes and minimum requirements
- Personal profile (completed by a referee)
- Assessment report (completed by the Director of Assessment)

The recommended layout is as follows:

Section 1	RCLC status and particulars Logged experience prior to training Personal rock climbing experience Supervising experience Additional experience
Section 2	Training report
Section 3	Logged experience during the consolidation period Personal rock climbing experience Supervising experience Additional experience Personal profile
Section 4	Assessment report
Section 5	Further experience
Section 6	Logbook notes, sample page, unused sheets

The candidate is expected to number the pages, and enter the relevant information in the appropriate sections in accordance with the syllabus. Blank pages may be photocopied for additional entries. Diaries or other miscellaneous items are not acceptable.

Personal Rock Climbing Experience

Rock Climbing Leader Certificate

Crag and guidebook	Route name	Grade	Category	Comments weather, loose rock, etc.	Date

Category: **Single** or **Multi-pitch**, **Solo**, **LP** led placing protection, **LB** led with bolt protection, **TR** top rope

Page Number

Rock Climbing Experience in South Africa

Rock Climbing Leader Certificate

Area	Route	Grade	Category	Comments	Date

Category: Leader, Alternate, Solo, Instructor, Student

Rock Climbing Experience Overseas

Rock Climbing Leader Certificate

Area	Route	Grade	Category	Comments	Date

Category: Leader, Alternate, Solo, Instructor, Student

Page Number

Supervising Experience

Rock Climbing Leader Certificate

Venue	Status	Group and Activity	Duration	For Whom	Comments	Date

Page Number

Additional Experience

Rock Climbing Leader Certificate

Mountaineering, Winter or Alpine Climbing, Mountain Rescue, Supervising Other Outdoor Activities

Give brief details. This is not required by the MDT but contributes to the candidate's grounding as a leader

Page Number

--

**ADVANCED
MOUNTAIN WALKING
LEADER CERTIFICATE**

PROSPECTUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

ADVANCED MOUNTAIN WALKING LEADER CERTIFICATE

PROSPECTUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Foreword

The South African Mountaineering Development and Training Programme (MDT) was developed to establish and maintain nationally recognised skills and training standards for the many clubs, organisations and individuals active in mountain related activities.

The MDT programme arose out of a mandate from representatives of the main mountaineering and hiking clubs of South Africa. At a conference held at Kirstenbosch in 1994, these organisations, recognising the fact that an increasing number of people were venturing into our mountains, increasing the risk of injury and death, felt that nationally recognised leadership and skills standards should be established. Since then many professional and semi-professional guides and instructors have become involved in, or endorsed the activities of the MDT.

The MDT's Mountain Training Scheme integrates training and assessment in both mountain walking and rock climbing. Training and assessment courses cover all levels of skill from basic mountain walking and rock climbing through to the Mountaineering Instructor Award where the recipient is qualified to lead parties and instruct mountain-craft under all conditions in any of South Africa's mountains. The programme, standards, course syllabi and certification is co-ordinated and controlled by the South African Mountaineering and Training Trust which is a legally constituted body registered with the Master of the Supreme Court. Training and assessment courses are run by individuals approved and accredited by the Trust.

A graphical overview of the Mountain Training Scheme is provided on the next page.

Further information on the other components of the programme, how to register, or where to go for training and assessment can be obtained from:

The Training and Assessment Co-ordinator
MDT
PO Box 44621
Claremont
7735

Advanced Mountain Walking Leader Certificate Prospectus

Introduction

The Advanced Mountain Walking Leader Scheme provides comprehensive training and assessment in the technical and group management skills required by those who wish to lead groups in the remote mountain areas of South Africa. It is also suitable for individuals gaining experience as assistant instructors at mountaineering centres.

Scope

The scheme offers candidates the opportunity to gain technical competence in leading walkers. It does not provide a rock climbing or mountaineering qualification.

Completion of a training course alone, without taking and assessment course, is not a qualification in itself, although it may be of considerable benefit to the trainee.

The scheme is intended for those leading groups in remote mountainous country where walkers are dependent on themselves.

Stages

The Scheme comprises of:

1. registration and issue of a log book
 2. a six day training course
 3. further experience gained during a consolidation period
 4. a four day assessment course
 5. Continuing experience entered in a log book.
-

Registration

Candidates wishing to register must:

- be not less than 18 years of age
 - have a genuine interest in mountain walking and group leadership
 - have at least 12 months experience of mountain walking and lightweight camping.
 - complete the registration form and enclose the appropriate fee.
-

Training

Before attending a training course candidates must ensure that they are registered with the MDT.

On completion of registration, and once in possession of a Leadership Training Scheme log book, Advanced Mountain Walking Leader Certificate insert, candidates must attend a training course run by an approved course provider [1].

The course is a minimum of six days in duration and usually residential. In certain cases it may run over a series of weekends.

The training course is for potential leaders and assumes basic competence as a mountain walker. It emphasises those skills which the candidate might have difficulty in learning without guidance.

The director of the training course will complete the appropriate page/s in the candidate's log book.

Log book

Experience gained by candidates should be recorded in the log book. Entries should include all relevant experience, be concise and easily read.

The log book is divided into five sections and includes:

- a record of experience gained prior to the training course
-

- the particulars of the training course completed by the director of training
 - a record of experience gained during the period between the training and assessment courses
 - particulars of the assessment course completed and issued by the director of assessment
 - a record of experience gained after assessment.
-

Consolidation

During the period between training and assessment, candidates are expected to gain extensive experience in mountain areas. This must include some practice in leading parties in easy mountain country and, working under the guidance of a suitably experienced leader, more difficult and remote mountain country.

The consolidation period will be a minimum of twelve months.

Experience gained in other mountain activities is useful but not a pre-requisite.

Experience gained overseas, while valuable is not a substitute for specific experience gained in South Africa. Candidates should therefore have substantial experience of South African mountains.

First Aid

At the start of the assessment course the candidate must hold a currently valid approved First Aid Certificate

Assessment

Before attending and assessment course candidates must:

- have completed 20 quality days in mountainous country
 - have completed 8 overnight camps in different locations
 - have walked in 3 different mountain regions
 - have ascended a minimum of 20 named peaks over 1 000 meters
 - be familiar with all aspects of the syllabus
-

- have obtained a personal profile submitted by a referee
- hold a currently valid approved first aid certificate.

When applying for assessment, candidates must present their log book and first aid certificate to the director of assessment to confirm that sufficient experience has been gained.

During the residential assessment course, which lasts a minimum of four days, candidates will be tested in accordance with the syllabus requirements. The director of assessment will then endorse the log book and assessment report and make appropriate recommendations.

The assessment report will take one of three forms:

Pass: awarded when the candidate has demonstrated a proper knowledge and application of the course syllabus and had shown the necessary experience for and attributes of advanced mountain leadership.

Deferred: awarded where the candidate has generally performed well and has shown the necessary experience and attributes, but where complete proficiency has not been attained in certain aspects of the syllabus.

Recommended reassessment: awarded where the candidate's performance has been weak, or the necessary experience and attributed have not been demonstrated.

Exemption

Exemption from stages two to four will only be gained in exceptional cases. Applications for exemption must be made in writing to the: The Convenor, Accreditation Committee, South African Mountaineering Development and Training Programme.

Advanced Mountain Walking Leader Certificate

Notes

1. A list of approved course providers is available from the MDT.
 2. A brief summary is required covering early experience. Greater detail is required for mountain trips undertaken during the year prior to the training course
-

Scope

It is the duty of the employer or operating authority to decide whether a leader possesses the personal attributes needed to take responsibility for a group of people. It is the combination of technical skills, wide experience and personal qualities which forms the basis for effective group management. The scheme assesses the technical skills and experience - the employer or operating authority must gauge personal qualities.

Experience

Candidates often experience some difficulty when compiling their log books and registration forms in trying to determine whether or not they meet the experience requirements of the Scheme.

The South African Mountaineering Development and Training Programme's Leadership Training Scheme is South Africa oriented, therefore the experience recorded should reflect this. Whilst experience gained climbing in for example, the Alps is undoubtedly valuable it is not necessarily the most appropriate. The Director of Assessment and the Accreditation Committee is looking for both depth and breadth of experience since candidates who only have the minimum experience are unlikely to benefit from either training or assessment.

Quality days

A quality mountain day should contain elements of planning, exploration and navigation; they should be strenuous and reasonably demanding; ideally on unfamiliar terrain which will necessitate the use of map and compass; and perhaps most importantly, the end result will give a sense of achievement, satisfaction and enjoyment.

Advanced Mountain Walking Leader Certificate Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
*Mountain Leadership Training Scheme. Proposed Policy and Guidelines a
Consultative Document.*
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Mountainwalking Leader Training Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

**ADVANCED
MOUNTAIN WALKING
LEADER CERTIFICATE**

SYLLABUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

ADVANCED MOUNTAIN WALKING LEADER CERTIFICATE

SYLLABUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Advanced Mountain Walking Leader Certificate Syllabus

Group management

Candidates must be familiar with the responsibilities of the group leader, particularly for the care and safety of the group:

General responsibilities:

- to individual party members and to the party as a whole
- to the sponsoring authority, committee, club or organisation sanctioning the expedition
- to the general public, to environmental interests, to local residents or farmers and to the mountaineering fraternity.

Specific responsibilities:

- to identify the underlying aims and objectives and to define the specific purpose of the expedition
- to carry out the initial planning, obtaining authority clearance, parental consent, personal and medical information and insurance (where appropriate)
- to complete detailed preparations including planning routes, obtaining access permissions, weather forecasts, and briefing the group.

Operational responsibilities in the mountains:

- to manage the group effectively by setting and reviewing targets, by positive decision-making, by delegation where appropriate by proper group control and discipline and by good communication
- to meet the changing needs of the group and its individual members by observation, anticipation and

good judgement, by sensitivity to the state of the group and its members, with particular regard to their health and fitness, by maintaining confidence and enthusiasm despite uncertainty or stress and by adopting a leadership style appropriate to the situation

- to provide a safe and rewarding experience for each group member through involvement, interest, enjoyment and achievement; through imparting appropriate technical skills and competence and through fostering environmental awareness.

Navigation

Competence as a navigator is a basic pre-requisite of any mountain leader. Candidates will be expected to choose an appropriate navigation technique for the conditions. This may range from, in good conditions, following a path, a ridge or a stream with a map and compass in pocket to, in poor visibility and in darkness, navigation across mountain terrain by walking accurately on a bearing while estimating distances and interpreting the ground underfoot.

Candidates must be familiar with:

- relevant maps, scales and conventional map symbols
- contours and other methods of showing relief
- topographical features
- relating the map to the ground and vice versa
- measuring distance on the map and the ground
- navigating across country with the map alone
- suitable compasses
- methods of relocation
- methods of navigating across country in poor visibility and in darkness
- route finding without map or compass
- route planning, including methods of recording routes.

Access and conservation

Candidates must:

- be aware of the multiple use mountain environment
 - appreciate conservation issues and be aware of the long term effects of human pressure on the mountain environment
 - know how and where to get information about access to mountain areas using, where appropriate guide books and maps, state authorities, nature conservancy, local landowners and other agencies
 - appreciate the significance of access arrangements and servitude in mountain areas, having regard to the fact that a large proportion of these areas are in private ownership
 - understand the nature of specially designated areas and limitations on their use (nature reserves, national parks etc.)
 - be familiar with the mountain code.
-

Weather

Candidates must have an elementary knowledge of the weather. They must gain experience in relating regional weather forecasts to mountainous areas and develop an ability to make short term forecasts from observed meteorological conditions, including:

- sources of information
 - elementary interpretation on weather maps
 - weather developments associated with major cloud forms, changes in pressure and in wind direction
 - elementary practical identification of cloud types, wind speed and temperature.
-

Personal equipment

Candidates must have knowledge of the personal equipment required for mountain expeditions (both high and low level) taking into account:

- weather conditions
-

- temperature, wind and humidity (precipitation).

and giving consideration to design characteristics:

- material
 - construction
 - performance (warmth for weight, bulk, function and cost).
-

Walking skills

Candidates must be familiar with:

- individual skills: pace rhythm, foot placing, conservation of energy, balance and co-ordination
 - group skills: leader and tail-man, psychology of the group, corporate strength group procedure on different terrain (narrow ridge, steep slope)
-

Camcraft

Equipment

Candidates must be familiar with:

- different types and makes of tents, sleeping bags, rucksacks and other lightweight equipment
- the selection of equipment required for various types of expedition
- packing and carrying personal and communal equipment
- care and maintenance of equipment.

Other skills

Candidates must be familiar with:

- the selection of a campsite
 - positioning and pitching a tent
 - the organisation of a camp and individual tents
 - group and personal hygiene
 - bivouac skills.
-

Food and nutrition

Candidates must be familiar with:

- the selection of suitable foods, quantities and packaging
 - the preparation of food and cooking.
-

Security on steep ground

This section of the syllabus is not intended to train candidates as rock climbers, nor is it intended for these people who set out with the intention of using the rope.

Situations do arise however, where the rope may be necessary to safeguard members of the group. The purpose of this section is to familiarise candidates with elementary techniques, to enable them to recognise difficulties and potential dangers and to give competent help in cases of emergency.

It is emphasised that the techniques employed are not necessarily those which would be suitable for rock climbing. Any safe method used should involve the use of the rope alone.

Candidates must be familiar with:

- route selection and the choice of a line
 - the supervision of the group, both with and without a rope
 - movement on rock and mixed terrain
 - the suitability of different types, diameters and lengths of rope, rope management and appropriate knots
 - methods of belaying, including choice of safe anchors
 - use and limitation of the rope for the following purposes:
 - protecting descents and ascents by waist and direct belay
 - lowering where appropriate
-

- safeguarding a single party member whilst moving together with the leader
- abseiling, without a safety rope, on moderate terrain

(abseiling is for the leader only, and not for group members).

Mountain hazards

Environmental hazards

Candidates must have an awareness of the major environmental mountain hazards and how to deal with them, including: steep ground, snow and ice, loose rock, flooding and lightning.

River crossing

Candidates must be able to demonstrate:

- an understanding of the dangers and methods of avoidance
- the best crossing points
- preparation and safety precautions
- crossing with and without a rope.

Medical

Candidates must have an understanding of the following conditions, their causes, signs, symptoms, prevention and treatment:

- mountain hypothermia and its treatment both in the field and at a base
- cold injuries
- heat disorders.

Emergencies

Candidates must be able to demonstrate:

- the procedure in the event of an accident
 - methods of search and evacuation
 - improvised mountain rescue it's application and limitations
 - knowledge of national mountain search and rescue structures.
-

Additional interests

Mountain leaders should extend their knowledge of:

- the mountain environment, geology, flora, fauna, local history, mountaineering, the history of mountaineering and photography.
 - clubs and organisations; the leader should know about or have access to information on suitable training organisations, mountaineering clubs, guidebooks and mountain literature.
-

Advanced Mountain Walking Leader Certificate Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
*Mountain Leadership Training Scheme. Proposed Policy and Guidelines a
Consultative Document.*
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Mountainwalking Leader Training Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

ADVANCED MOUNTAIN WALKINGLEADER CERTIFICATE

LOG BOOK INSERT

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Advanced Mountain Walking Leader Certificate

Status and Particulars

Name: _____

Address: _____

_____ Postal Code: _____

Date of Birth: _____

Registration Date: _____

Training

(approved sticker)

Assessment

(approved sticker)

First Aid Certificate

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Candidate Registration Number

Advanced Mountain Walking Leader Certificate Training Course Report

Completed by the Director of Training

Name: _____

Course Provider: _____

Course Provider Code: _____

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Candidate Registration Number

--

Advanced Mountain Walking Leader Certificate Training Course Report

Completed by the Director of Training

Name: _____

Candidate Registration Number

Attending a training course with:

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Date: _____

Advanced Mountain Walking Leader Certificate Consolidation Period

During the consolidation period between training and assessment, the candidate is expected to gain extensive experience in mountain areas. This must include some practice in leading parties in easy mountain country, and working under the guidance of a suitably experienced leader in more difficult and remote mountain country. The following pages should contain a log of that experience. Note will be taken of any entries on the additional experience pages, but these are not mandatory.

Before attending an assessment course, the candidate must:

- have registered with the MDT
- have attended a training course with an approved course provider
- have gained further experience
- have completed 20 quality days in mountainous country
- have completed 8 overnight camps in different locations
- have walked in 3 different mountain regions
- have ascended at least 20 named peaks over 1000 meters
- hold a valid First Aid Certificate
- have obtained a reference (personal profile).

The MDT recommends that all but the most experienced candidate allow a minimum of twelve months active further experience between training and assessment courses.

Advanced Mountain Walking Leader Certificate

Personal Profile

Candidate's name: _____

Appraisal of the candidate as a supervisor by a referee, giving comments where applicable.

Relations with groups: _____

Planning and preparation: _____

Communication skills: _____

Comments regarding groups, activities undertaken, venues and any other information which may be useful.

Section 3

Other comments: _____

Signed: _____ Name: _____

Address: _____

Tel (home): _____ Tel (work): _____

Position: _____

Qualification: _____

Date: _____

Advanced Mountain Walking Leader Certificate Assessment Report

Completed by the Director of Assessment

Name: _____

Candidate Registration Number

Attended an assessment course with:

from: _____ to: _____

The assessment examined the candidate's ability to: fulfill the requirements of the syllabus; demonstrate the technical competence to lead groups in the remote mountain areas of South Africa.

Result: _____

Comments: _____

Signed: _____ Director of Assessment

Date: _____

Advanced Mountain Walking Leader Certificate

Log Book Notes

The Log Book contains the following pages:

- Candidate's Advanced Mountain Walking Leader status and particulars
- Personal mountain walking experience sheets
- Mountain walking leadership experience sheets
- Additional experience sheets
- Training report (completed by the Director of Training)
- Pre-assessment notes and minimum requirements
- Personal profile (completed by a referee)
- Assessment report (completed by the Director of Assessment).

The recommended layout is as follows:

Section 1	AMWLC status and particulars Logged experience prior to training Personal mountain walking experience Mountain walking leadership experience Additional experience
Section 2	Training Report
Section 3	Logged experience during consolidation period Personal mountain walking experience Mountain walking leadership experience Additional experience Personal profile
Section 4	Assessment report
Section 5	Further experience
Section 6	Logbook notes, sample page, unused sheets

The candidate is expected to number the pages, and enter the relevant information in the appropriate sections in accordance with the syllabus. Blank pages may be photocopied for additional entries. Diaries or other miscellaneous items are not acceptable.

Mountain Walking Experience In South Africa

Advanced Mountain Walking Leader Certificate

Mountain region / peak	Status	Relevant comments route, weather etc.	1 000m	Camp	Date

Mountain Walking Experience Overseas

Advanced Mountain Walking Leader Certificate

Mountain region / peak	Status	Relevant comments route, weather etc.	1 000m	Camp	Date

Additional Experience

Advanced Mountain Walking Leader Certificate

Winter or Foreign Mountaineering, Rock Climbing, Orienteering, Mountain Rescue

Give brief details. This is not required by the MDT but contributes to the candidate's grounding as a leader

Page Number

--

**SINGLE PITCH
SUPERVISOR AWARD**

PROSPECTUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

SINGLE PITCH SUPERVISOR AWARD

PROSPECTUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Foreword

The South African Mountaineering Development and Training Programme (MDT) was developed to establish and maintain nationally recognised skills and training standards for the many clubs, organisations and individuals active in mountain related activities.

The MDT programme arose out of a mandate from representatives of the main mountaineering and hiking clubs of South Africa. At a conference held at Kirstenbosch in 1994, these organisations, recognising the fact that an increasing number of people were venturing into our mountains, increasing the risk of injury and death, felt that nationally recognised leadership and skills standards should be established. Since then many professional and semi-professional guides and instructors have become involved in, or endorsed the activities of the MDT.

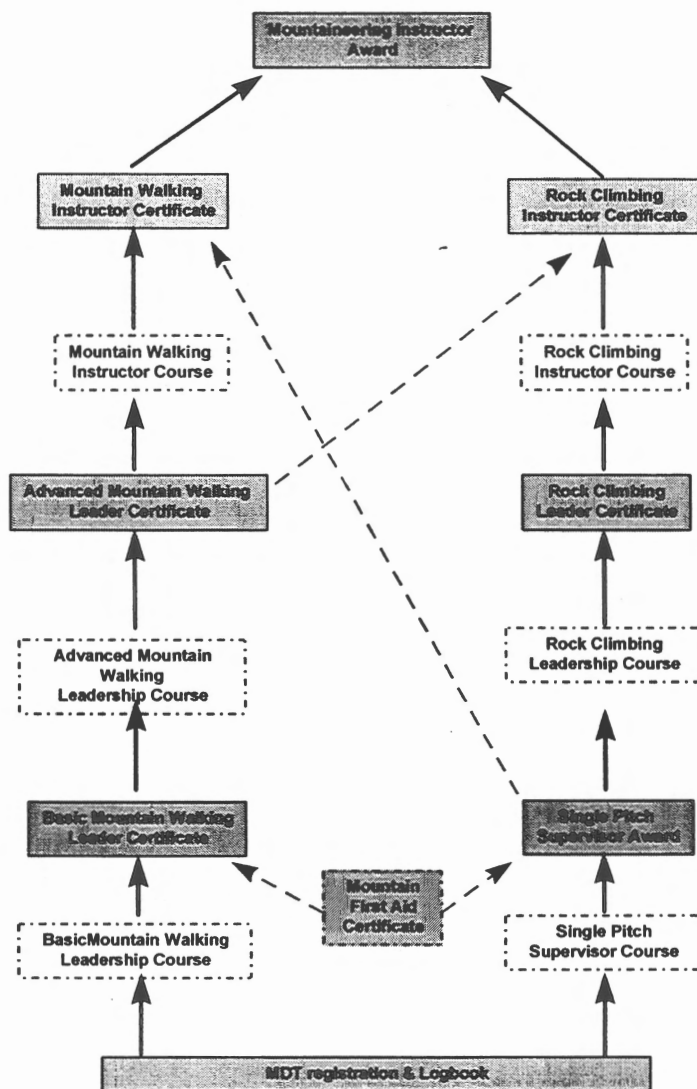
The MDT's Mountain Training Scheme integrates training and assessment in both mountain walking and rock climbing. Training and assessment courses cover all levels of skill from basic mountain walking and rock climbing through to the Mountaineering Instructor Award where the recipient is qualified to lead parties and instruct mountain-craft under all conditions in any of South Africa's mountains. The programme, standards, course syllabi and certification is co-ordinated and controlled by the South African Mountaineering and Training Trust which is a legally constituted body registered with the Master of the Supreme Court. Training and assessment courses are run by individuals approved and accredited by the Trust.

A graphical overview of the Mountain Training Scheme is provided on the next page.

Further information on the other components of the programme, how to register, or where to go for training and assessment can be obtained from:

The Training and Assessment Co-ordinator
MDT
PO Box 44621
Claremont
7735

AN OVERVIEW OF THE LEADERSHIP TRAINING SCHEME



Single Pitch Supervisor Award Prospectus

Introduction

The Single Pitch Supervisor Scheme provides training and assessment for those who are in a position of responsibility when supervising single pitch rock climbing in a controlled, single pitch or bolt protected environment. It is also suitable for assistant rock climbing instructors gaining experience at mountaineering centres.

Scope

The scheme has been designed for those who are in a position of responsibility. It is primarily concerned with good practice leading to the safe enjoyment of the activity.

Completion of a training course alone, without taking and assessment course, is not a qualification in itself, although it may be of considerable benefit to the trainee.

The scheme does not cover:

- the skills needed to approach and retreat from mountain crags;
 - multi-pitch rock climbing and its supervision;
 - access to any location where escape is not easily possible from the top or the bottom of a climb.
-

Stages

The scheme comprises of:

1. registration and the issue of a log book
 2. a two day training course
 3. further experience gained during a consolidation period
 4. a two day assessment course
 5. continuing experience entered in a log book.
-

Registration

Candidates wishing to register must:

- be not less than 18 years of age
 - have at least 12 months experience of rock climbing
 - have a genuine interest in rock climbing and the supervision of groups on single pitch crags
 - complete the registration form and enclose the appropriate fee.
-

Training

Before attending a training course, candidates must ensure that they are registered with the MDT.

On completion of registration and once in possession of a Leadership Training Scheme log book, Single Pitch supervisor Award insert, candidates must attend a two day training course run by an approved course provider [1].

The training course is for potential supervisors and assumes basic competence as a rock climber. It will emphasise those skills which a candidate might have difficulty in learning without expert guidance.

The director of training will endorse the appropriate page/s in the log book.

Log book

Experience gained by candidates should be recorded in the log book. Entries should be concise and easily read, and should include all rock climbing and other relevant experience.

The log book is divided into five sections and includes:

- a record of experience gained prior to the training course
 - the particulars of the training course completed by the director of training
-

- a record of experience gained during the period between the training and assessment courses
 - particulars of the assessment course completed and issued by the director of assessment
 - a record of experience gained after assessment.
-

Consolidation

During the period between training and assessment, candidates are expected to gain extensive climbing experience at a wide range of venues and some practice in assisting the supervision of groups.

The consolidation period will be a minimum of six months.

First Aid

At the beginning of the assessment course candidates must hold a currently valid and approved first aid certificate.

Assessment

Before attending an assessment course candidates must:

- have registered
- have attended a training course
- have gained further experience
- be able to lead climbs graded 14
- have acted as the leader or assistant leader of a party in easy mountain country on a number of occasions
- be familiar with all aspects of the syllabus
- hold a valid approved first aid certificate.

During the assessment course, which lasts two days, candidates will be tested in accordance with the syllabus requirements.

The director of assessment will endorse the logbook in one of three ways:

Pass: awarded where the candidate has demonstrated proper knowledge and application of the course syllabus and has

shown the necessary experience for the application of single pitch supervision.

Deferred: awarded where the candidate has generally performed at the required standard and shown the necessary experience and attributes, but where complete proficiency has not been attained. Written recommendations for further experience will be given, along with details of the proposed one day reassessment.

Recommended reassessment: awarded where the candidate's performance had been weak, or the necessary experience and attributes have not been shown.

A panel of at least three assessors will be involved in deciding each candidate's result

Exemption

Candidates who already have substantial experience of supervising groups on single pitch crags and climbing walls may apply for an exemption from the training course.

Candidates who wish to apply for exemption from stages two to four must be able to demonstrate exceptional previous experience. Applications for exemption must be made in writing to the convenor of the Accreditation Committee.

Single pitch

For the purpose of this scheme a single pitch climb is one in which:

- is climbed without intermediate stances
 - is described as single pitch in a guide book
 - allows students to be lowered to the ground at all times
 - is non-serious and has little objective danger
 - presents no difficulties of approach or retreat, such as route finding or scrambling.
-

Single Pitch Supervisor Award

Notes

1. A list of approved course providers is available from the MDT.
-

Scope

It is the duty of the employer or organising authority to decide whether a supervisor possesses the personal attributes needed to take responsibility for the care of young people and beginners. It is the combination of technical skill, wide experience and personal qualities which form the basis for effective supervision. The scheme assesses the technical skills and experience; the employer or organising authority has to gauge the personal qualities.

Experience

Candidates often experience some difficulty when compiling their log books and registration forms in trying to determine whether or not they meet the experience requirements of the Scheme.

The South African Mountaineering Development and Training Programme's Leadership Training Scheme is South Africa oriented, therefore the experience recorded should reflect this. Whilst experience gained climbing in for example, the Alps is undoubtedly valuable it is not necessarily the most appropriate. The Director of Assessment and the Accreditation Committee is looking for both depth and breadth of experience since candidates who only have the minimum experience are unlikely to benefit from either training or assessment.

Single Pitch Supervisor Award Acknowledgments

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
Mountain Leadership Training Scheme. Proposed Policy and Guidelines
Consultative Document.
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Single Pitch Supervisors Award Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

**SINGLE PITCH
SUPERVISOR AWARD**

SYLLABUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

SINGLE PITCH SUPERVISOR AWARD

SYLLABUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Single Pitch Supervisor Award

Syllabus

Personal competence

Anchors

Candidates must be able to demonstrate an ability to choose suitable anchors in a variety of situations, including the use of:

- spikes and blocks
- threads, Chockstones and trees
- nuts and camming devices
- stakes, bolts and pitons.

and be able to connect the climber to the above anchors.

Belaying

Candidates must be able to:

- set up sound belay systems to single and multiple anchors
- connect self and others to the anchors
- set up top and bottom rope systems
- demonstrate a variety of belay techniques, and choose the most appropriate devices for given situations
- demonstrate an ability to hold falls and perform lowers.

Abseiling

Candidates must be able to:

- set up fixed and releasable abseils
- choose and fit suitable harnesses and sling arrangements
- demonstrate the operation of a variety of friction devices and choose the appropriate device for a given situation

- identify and solve common abseiling problems including: tangles, jamming, inadvertent locking, and pendules.

Climbing

Candidates must be able to:

- read and interpret guide books effectively
- choose and climb routes suited to their ability
- lead confidently on rock grade 14
- place suitable runners to protect a lead arrange appropriate belays to protect a second

and:

- have a basic knowledge of the safety chain and fall factors

The crag environment

Access

Candidates should:

- understand and be able to use information contained in recent guide books and where appropriate carry out any recommendations contained therein
- have an awareness and understanding of issues affecting access to climbing areas.

Conservation

Candidates should:

- be able to demonstrate good practice in the conservation of the crag environment
- be aware of locally important, historical sites and features, species of plants and animals and the legal situation related to them

- be familiar with and observe current access and conservation guidelines.

Etiquette

Candidates should:

- be aware of local rock climbing ethics, particularly those relating to single pitch crags
- be able to operate flexibly when planning programmes and choose routes to accommodate independent climbers
- be aware of the need to operate in a style which minimises the impact on, and the risk to, other climbers
- manage groups so as to leave the crags in an improved condition.

Candidates should be able to demonstrate:

- the ability to manage groups of an appropriate size in a safe manner, including tying on, climbing, belaying and descent arrangements
- the use of appropriate equipment suitable for the group and the chosen venue
- the ability to manage all members of the group irrespective of whether or not they are involved in climbing or belaying
- a knowledge of rules governing the use of different climbing walls, particularly as related to groups under supervision.

Communication

Candidates must be able to organise and arrange effective communication between the group members.

Belaying and top roping

Candidates must be familiar with a variety of safe belaying and top roping methods and be able to select the appropriate method for a particular situation and group, including:

- single and multiple anchors
- a various belay devices
- direct and indirect belays
- the supervision of group members belaying
- top and bottom roping.

Route choice

Candidates must be able to choose routes at a crag or wall suitable for use by a group, considering safety (of route), approach, descent and affect on other users.

Abseiling

Candidates must be able to set up and manage a group abseiling in a safe and appropriate manner, including:

- the choice of site, take off, loose rock, environmental impact, effect on the climbing resource
- methods of safeguarding the group.

Emergency procedures

Candidates must be aware of, and be able to deal with common problems in top rope and abseil situations, including: a "stuck" climber and a abseiler.

Bouldering

Candidates must be familiar with, and demonstrate the use of bouldering activities: on crags, boulders and climbing walls.

Climbing

Climbing

knowledge

Candidates should be familiar with:

- rock types and features
- training and injury avoidance
- climbing walls and competition climbing
- climbing history, traditions and ethics
- climbing and mountaineering clubs
- The South African Mountaineering Development and Training Programme.

Equipment

Candidates must be familiar with individual and group equipment and be able to care for and maintain it.

Guidebooks

Candidates must have a knowledge of guidebooks, their availability, interpretation and use.

Environmental hazards

Candidates must understand the dangers from:

- descent routes
 - loose rock
 - weather
 - other crag or wall users.
-

Single Pitch Supervisor Award Acknowledgments

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
*Mountain Leadership Training Scheme. Proposed Policy and Guidelines a
Consultative Document.*
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Single Pitch Supervisors Award Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

SINGLE PITCH SUPERVISOR AWARD

LOG BOOK INSERT

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Single Pitch Supervisor Award Status and Particulars

Name: _____

Address: _____

_____ Postal Code: _____

Date of Birth: _____

Registration Date: _____

Training

(approved sticker)

Assessment

(approved sticker)

First Aid Certificate

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Candidate Registration Number

Single Pitch Supervisor Award Training Course Report

Completed by the Director of Training

Name: _____

Course Provider: _____

Course Provider Code: _____

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Candidate Registration Number

--

Single Pitch Supervisor Award Training Course Report

Completed by the Director of Training

Name: _____

Candidate Registration Number

Attending a training course with:

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Date: _____

Single Pitch Supervisor Award Consolidation Period

During the consolidation period, between training and assessment, the candidate is advised to climb at as wide a range of venues as possible, both as an individual and when involved in the supervision of others. The following pages should contain a record of that experience. Note will be taken of any entries on the additional experience pages, but these are not mandatory.

Before attending an assessment course the candidate must:

- have registered with the MDT
- have attended a training course with an approved course provider
- have gained at least six months single pitch experience between training and assessment
- have acted as the leader, or assistant leader, of a party in easy mountain country on a number of occasions
- be able to lead grade 14 climbs
- be familiar with the syllabus
- hold a valid first aid certificate.
- have obtained a reference (personal profile).

The MDT recommends that all but the most experienced candidate allow a minimum of six months active further experience between training and assessment.

As guidance, the candidate should have at least twenty supervising entries, and personal climbing totaling at least sixty pitches. Those with extensive experience who choose not to log every climb should give examples of the diversity of their experience.

Single Pitch Supervisor Award Personal Profile

Candidate's name: _____

Appraisal of the candidate as a supervisor by a referee, giving comments where applicable.

Relations with groups: _____

Planning and preparation: _____

Communication skills: _____

Comments regarding groups, activities undertaken, venues and any other information which may be useful.

Other comments: _____

Signed: _____ Name: _____

Address: _____

Tel (home): _____ Tel (work): _____

Position: _____

Qualification: _____

Date: _____

Single Pitch Supervisor Award Assessment Report

Completed by the Director of Assessment

Name: _____

Candidate Registration Number

Attended an assessment course with:

from: _____ to: _____

The assessment examined the candidate's ability to: fulfill the requirements of the syllabus; demonstrate the technical competence to lead and supervise group activities in a single pitch environment.

Result: _____

Comments: _____

Signed: _____ Director of Assessment

Date: _____

Single Pitch Supervisor Award

Log Book Notes

The logbook contains the following pages:

- Candidate's Single Pitch Supervisors Award status and particulars
- Personal rock climbing experience sheets
- Supervising experience sheets
- Additional experience sheets
- Training report (completed by the Director of Training)
- Pre-assessment notes and minimum requirements
- Personal profile (completed by a referee)
- Assessment report (completed by the Director of Assessment)

The recommended layout is as follows:

Section 1	SPSA status and particulars Logged experience prior to training Personal rock climbing experience Supervising experience Additional experience
Section 2	Training report
Section 3	Logged experience during the consolidation period Personal rock climbing experience Supervising experience Additional experience Personal profile
Section 4	Assessment report
Section 5	Further experience
Section 6	Logbook notes, sample page, unused sheets

The candidate is expected to number the pages, and enter the relevant information in the appropriate sections in accordance with the syllabus. Blank pages may be photocopied for additional entries. Diaries or other miscellaneous items are not acceptable.

Personal Rock Climbing Experience

Single Pitch Supervisor Award

Crag and guidebook	Route name	Grade	Category	Comments weather, loose rock, etc.	Date

Category: **Single** or **Multi-pitch**, **Solo**, **LP** led placing protection, **LB** led with bolt protection, **TR** top rope

Page Number

Supervising Experience

Single Pitch Supervisor Award

Venue	Status	Group and Activity	Duration	For Whom	Comments	Date

Additional Experience

Single Pitch Supervisor Award

Mountaineering, Winter or Alpine Climbing, Mountain Rescue, Supervising Other Outdoor Activities

Give brief details. This is not required by the MDT but contributes to the candidate's grounding as a supervisor

Page Number

**BASIC MOUNTAIN WALKING
LEADER CERTIFICATE**

PROSPECTUS

SOUTH AFRICAN MOUNTAINEERING
DEVELOPMENT AND TRAINING PROGRAMME
MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

BASIC MOUNTAIN WALKING LEADER CERTIFICATE

PROSPECTUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Foreword

The South African Mountaineering Development and Training Programme (MDT) was developed to establish and maintain nationally recognised skills and training standards for the many clubs, organisations and individuals active in mountain related activities.

The MDT programme arose out of a mandate from representatives of the main mountaineering and hiking clubs of South Africa. At a conference held at Kirstenbosch in 1994, these organisations, recognising the fact that an increasing number of people were venturing into our mountains, increasing the risk of injury and death, felt that nationally recognised leadership and skills standards should be established. Since then many professional and semi-professional guides and instructors have become involved in, or endorsed the activities of the MDT.

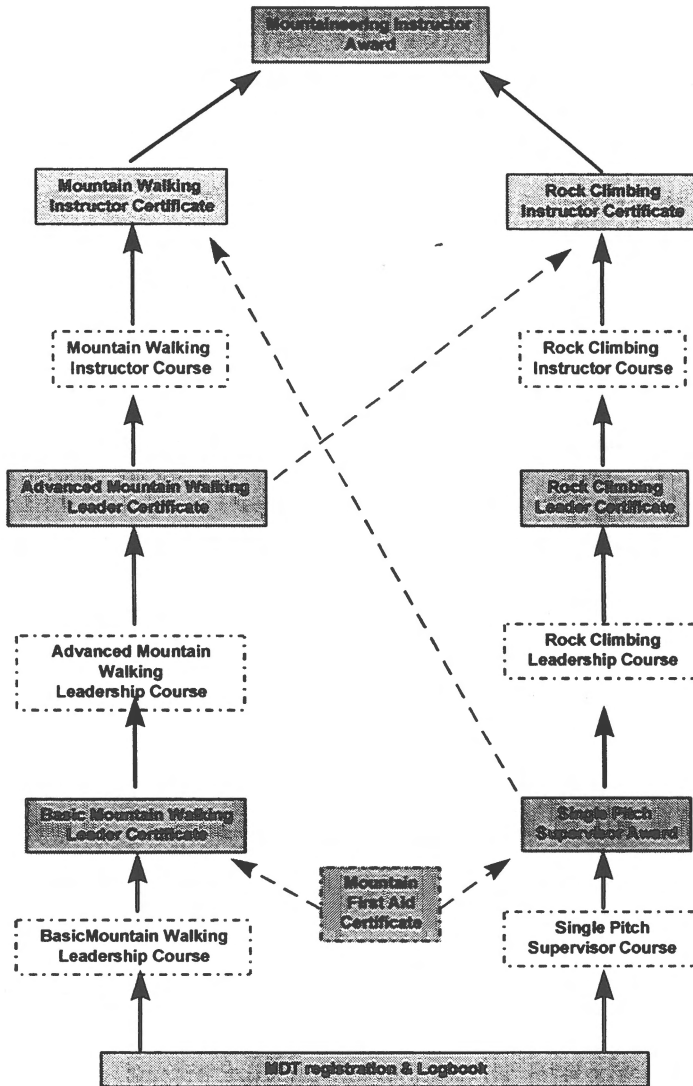
The MDT's Mountain Training Scheme integrates training and assessment in both mountain walking and rock climbing. Training and assessment courses cover all levels of skill from basic mountain walking and rock climbing through to the Mountaineering Instructor Award where the recipient is qualified to lead parties and instruct mountain-craft under all conditions in any of South Africa's mountains. The programme, standards, course syllabi and certification is co-ordinated and controlled by the South African Mountaineering and Training Trust which is a legally constituted body registered with the Master of the Supreme Court. Training and assessment courses are run by individuals approved and accredited by the Trust.

A graphical overview of the Mountain Training Scheme is provided on the next page.

Further information on the other components of the programme, how to register, or where to go for training and assessment can be obtained from:

The Training and Assessment Co-ordinator
MDT
PO Box 44621
Claremont
7735

AN OVERVIEW OF THE LEADERSHIP TRAINING SCHEME



Basic Mountain Walking Leader Certificate Prospectus

Introduction

The Basic Mountain Walking Leader Scheme provides comprehensive training and assessment in the technical and group management skills required by those who wish to lead groups only on clearly defined paths and trails in easy to moderate mountain terrain.

Scope

The scheme offers candidates the opportunity to gain technical competence in leading walkers. It does not provide a climbing qualification.

Completion of a training course alone, without taking and assessment course, is not a qualification in itself, although it may be of considerable benefit to the trainee.

The scheme is intended for those leading groups on clearly defined paths and trails in easy to moderate mountain country.

Stages

The Scheme comprises of:

1. registration and issue of a log book
 2. a four day training course
 3. further experience gained during a consolidation period
 4. a three day assessment course
 5. Continuing experience entered in a log book.
-

Registration

Candidates wishing to register must:

- not be less than 18 years of age
-

- have a genuine interest in mountain walking and group leadership
 - have at least 12 months experience of mountain walking
 - complete the registration form and enclose the appropriate fee.
-

Training

Before attending a training course candidates must ensure that they are registered with the MDT.

On completion of registration, and once in possession of a Leadership Training Scheme log book, Basic Introductory Mountain Walking Leader Certificate insert, candidates must attend a training course run by an approved course provider [1].

The course is a minimum of four days in duration and usually residential. In certain cases it may be run over a series of weekends.

The training course is for potential leaders and assumes basic competence as a mountain walker. It emphasises those skills which the candidate might have difficulty in learning without guidance.

The director of the training course will complete the appropriate page/s in the candidate's log book.

Log book

Experience gained by candidates should be recorded in the log book. Entries should include all relevant experience, be concise and easily read.

The log book is divided into five sections and includes:

- a record of experience gained prior to the training course
 - the particulars of the training course completed by the director of training
-

- a record of experience gained during the period between the training and assessment courses
 - particulars of the assessment course completed and issued by the director of assessment
 - a record of experience gained after assessment.
-

Consolidation

During the period between training and assessment, candidates are expected to gain extensive experience in mountain areas. This must include some practice in leading parties easy mountain country.

The consolidation period will be a minimum of twelve months.

Experience gained overseas, while valuable is not a substitute for specific experience gained in South Africa. Candidates should therefore have substantial experience of South African mountains.

First Aid

At the start of the assessment course the candidate must hold a currently valid approved First Aid Certificate

Assessment

Before attending an assessment course candidates must:

- have completed 12 quality days in mountainous country
- have completed 6 nights in huts or tents in different locations
- have completed 3 established trails of at least 3 days duration
- have walked in three different regions
- be familiar with all aspects of the syllabus
- have obtained a personal profile submitted by a referee
- hold a currently valid approved First Aid Certificate.

When applying for assessment, candidates must present their log book and first aid certificate to the director of

assessment to confirm that sufficient experience has been gained.

During the residential assessment course, which lasts a minimum of three days, candidates will be tested in accordance with the syllabus requirements. The director of assessment will then endorse the log book and assessment report and make appropriate recommendations.

The assessment report will take one of three forms:

Pass: awarded when the candidate has demonstrated a proper knowledge and application of the course syllabus and had shown the necessary experience for and attributes of basic mountain leadership.

Deferred: awarded where the candidate has generally performed well and has shown the necessary experience and attributes, but where complete proficiency has not been attained in certain aspects of the syllabus.

Recommended Reassessment: awarded where the candidate's performance has been weak, or the necessary experience and attributed have not been demonstrated.

Exemption

Exemption from stages two to four will only be gained in exceptional cases. Applications for exemption must be made in writing to: The Convenor, The Accreditation Committee, South African Mountaineering Development and Training Programme.

Basic Mountain Walking Leader Certificate

Notes

1. A list of approved course providers is available from the MDT.
 2. A brief summary is required covering early experience. Greater detail is required for mountain trips undertaken during the year prior to the training course
-

Scope

It is the duty of the employer or operating authority to decide whether a leader possesses the personal attributes needed to take responsibility for a group of people. It is the combination of technical skills, wide experience and personal qualities which form the basis for effective group management. The scheme assesses the technical skills and experience - the employer or operating authority must gauge personal qualities.

Experience

Candidates often experience some difficulty when compiling their log books and registration forms in trying to determine whether or not they meet the experience requirements of the Scheme.

The South African Mountaineering Development and Training Programme's Leadership Training Scheme is South Africa oriented, therefore the experience recorded should reflect this. Whilst experience gained climbing in for example, the Alps is undoubtedly valuable it is not necessarily the most appropriate. The Director of Assessment and the Accreditation Committee is looking for both depth and breadth of experience since candidates who only have the minimum experience are unlikely to benefit from either training or assessment.

Quality days

A quality mountain day should contain elements of planning, exploration and navigation; they should be strenuous and reasonably demanding; ideally on unfamiliar terrain which will necessitate the use of a map and perhaps most importantly, the end result will give a sense of achievement, satisfaction and enjoyment.

Basic Mountain Walking Leader Certificate

Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
Mountain Leadership Training Scheme. Proposed Policy and Guidelines a Consultative Document.
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Mountainwalking Leader Training Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

**BASIC MOUNTAIN WALKING
LEADER CERTIFICATE**

SYLLABUS

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

MOUNTAIN TRAINING SCHEME

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

PO Box 44621, Claremont, 7735, Tel 45-3412, Fax 461-8456

BASIC MOUNTAIN WALKING LEADER CERTIFICATE

SYLLABUS

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Basic Mountain Walking Leader Certificate Syllabus

Group management

Candidates must be familiar with the responsibilities of the group leader, particularly for the care and safety of the group:

General responsibilities:

- to individual party members and to the party as a whole
- to the sponsoring authority, committee, club or organisation sanctioning the trip
- to the general public, to environmental interests, to local residents or farmers and to the mountaineering fraternity.

Specific responsibilities:

- to identify the underlying aims and objectives and to define the specific purpose of the trip
- to carry out the initial planning, obtaining, authority clearance, parental consent, personal and medical information and insurance
- to complete detailed preparations, planning routes, obtaining access permissions, weather forecasts, and briefing the group.

Operational responsibilities in the mountains:

- to manage the group effectively by setting and reviewing targets, by positive decision-making, by delegation where appropriate; by proper group control and discipline and by good communication
- to meet the changing needs of the group and its individual member by observation, anticipation and

good judgement, by sensitivity to the state of the group and its members, with particular regard to their health and fitness, by maintaining confidence and enthusiasm despite uncertainty or stress and by adopting a leadership style appropriate to the situation

- to provide a safe and rewarding experience for each group member through involvement, interest, enjoyment and achievement; through imparting appropriate technical skills and competence and through fostering environmental awareness.

Navigation

Competence as a navigator is a basic pre-requisite of any mountain leader. Candidates will be expected to choose appropriate navigation technique for the conditions.

Candidates must be familiar with:

- relevant maps, scales and conventional map symbols
- contours and other methods of showing relief
- topographical features
- relating the map to the ground and vice versa
- measuring distance on the map and the ground
- navigating across country with the map alone
- suitable compasses
- methods of relocation
- route finding without map or compass
- route planning, including methods of recording routes.

Access and conservation

Candidates must:

- be aware of the multiple use mountain environment
- appreciate conservation issues and be aware of the long term effects of human pressure on the mountain environment
- know how and where to get information about access to mountain areas using where appropriate guide books

and maps, state authorities, nature conservancy, local landowners and other agencies

- appreciate the significance of access arrangements and servitude in mountain areas, having regard to the fact that a large proportion of these areas are in private ownership
- understand the nature of specially designated areas and limitations on their use (nature reserves, national parks etc.)
- be familiar with the mountain code.

Weather

Candidates must have an elementary knowledge of the weather. They must gain experience in relating regional weather forecasts to mountainous areas and develop an ability to make short term forecasts from observed meteorological conditions, including:

- sources of information
- elementary interpretation on weather maps
- weather developments associated with major cloud forms, changes in pressure and in wind direction
- elementary practical identification of cloud types, wind speed and temperature.

Personal equipment

Candidates must have a knowledge of the personal equipment required for mountain trips taking into account:

- weather conditions
- temperature, wind and humidity (precipitation)
- design characteristics:
 - material
 - construction
 - performance (warmth for weight, bulk, function and cost).

Walking skills

Candidates must be familiar with:

- individual skills: pace rhythm, foot placing, conservation of energy, balance and co-ordination
 - group skills: leader and tail-man, psychology of the group, corporate strength
-

Overnighting**Equipment**

Candidates must be familiar with:

- types and makes of sleeping bags, rucksacks and other lightweight equipment
- selection of equipment required for various types of trips
- packing and carrying personal and communal equipment
- care and maintenance of equipment.

Other skills:

Candidates must be familiar with:

- the selection of a campsite
 - positioning and pitching a tent
 - the organisation of a camp and individual tents
 - group and personal hygiene.
-

Food and nutrition

Candidates must be familiar with:

- the selection of suitable foods, quantities and packaging
 - the preparation of food and cooking.
-

Security on steep ground

Candidates must be familiar with:

- route selection and the choice of a line
 - the supervision of the group
 - movement on mixed terrain.
-

Mountain hazards

Environmental hazards.

Candidates must have an awareness of the major environmental mountain hazards and how to deal with them, including: steep ground, loose rock, flooding and lightning.

River crossing

Candidates must be able to demonstrate:

- an understanding of the dangers and methods of avoidance
- the best crossing points
- preparation and safety precautions
- crossing a river.

Medical

Candidates must have an understanding of the following conditions, their causes, signs, symptoms, prevention and treatment:

- mountain hypothermia and its treatment both in the field and at a base
 - heat disorders.
-

Emergencies

Candidates must be able to demonstrate:

- procedure in the event of an accident
 - methods of search and evacuation
 - improvised mountain rescue it's application and limitations
 - knowledge of national mountain search and rescue structures.
-

Additional interests

Mountain leaders should extend their knowledge of:

- the mountain environment, geology, flora, fauna, local history, mountaineering, the history of mountaineering and photography.
 - clubs and organisations; the leader should know about or have access to information on suitable training organisations, mountaineering clubs, guidebooks and mountain literature.
-

Basic Mountain Walking Leader Certificate Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
*Mountain Leadership Training Scheme. Proposed Policy and Guidelines a
Consultative Document.*
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Mountainwalking Leader Training Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

SOUTH AFRICAN MOUNTAINEERING

DEVELOPMENT AND TRAINING PROGRAMME

**BASIC MOUNTAIN
WALKING LEADER CERTIFICATE**

LOG BOOK INSERT

Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

Basic Mountain Walking Leader Certificate

Status and Particulars

Name: _____

Address: _____

_____ Postal Code: _____

Date of Birth: _____

Registration Date: _____

Training

(approved sticker)

Assessment

(approved sticker)

First Aid Certificate

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Date of issue: _____ Issued by: _____

Candidate Registration Number

Basic Mountain Walking Leader Certificate Training Course Report

Completed by the Director of Training

Name: _____

Course Provider: _____

Course Provider Code: _____

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Candidate Registration Number

--

Basic Mountain Walking Leader Certificate Training Course Report

Completed by the Director of Training

Name: _____

Candidate Registration Number

Attending a training course with:

From: _____ To: _____

General outline of the course and venues used, weather conditions and any other helpful information.

Signature: _____ Director of Training

Date: _____

Basic Mountain Walking Leader Certificate

Consolidation Period

During the consolidation period between training and assessment, the candidate is advised to gain extensive experience in mountain areas. This must include some practice in leading parties in easy mountain country. The following pages should contain a log of that experience. Note will be taken of any entries on the additional experience pages, but these are not mandatory.

Before attending an assessment course, the candidate must:

- have registered with the MDT
- have attended a training course with an approved course provider
- have gained further experience
- have completed 12 quality days in mountainous country
- have completed 6 nights, in huts or tents, in different locations
- have completed 3 established trails of at least 3 days
- have walked in 3 different regions
- hold a valid First Aid Certificate
- have obtained a reference (personal profile).

The MDT recommends that all but the most experienced candidate allow a minimum of twelve months active further experience between training and assessment.

Basic Mountain Walking Leader Certificate

Personal Profile

Candidate's name: _____

Appraisal of the candidate as a supervisor by a referee, giving comments where applicable.

Relations with groups: _____

Planning and preparation: _____

Communication skills: _____

Comments regarding groups, activities undertaken, venues and any other information which may be useful.

Other comments:

Signed:

 Name:

Address:

Tel (home):

 Tel (work):

Position:

Qualification:

Date:

Basic Mountain Walking Leader Certificate Assessment Report

Completed by the Director of Assessment

Name: _____

Candidate Registration Number

Attended an assessment course with:

from: _____ to: _____

The assessment examined the candidate's ability to: fulfill the requirements of the syllabus; demonstrate the technical competence to lead groups on clearly defined paths and trails in easy to moderate mountain terrain.

Result: _____

Comments: _____

Signed: _____ Director of Assessment

Date: _____

Basic Mountain Walking Leader Certificate

Log Book Notes

The Log Book contains the following pages:

- Candidate's Basic Mountain Walking Leader status and particulars
- Personal mountain walking experience sheets
- Mountain walking leadership experience sheets
- Additional experience sheets
- Training report (completed by the Director of Training)
- Pre-assessment notes and minimum requirements
- Personal profile (completed by a referee)
- Assessment report (completed by the Director of Assessment).

The recommended layout is as follows:

- | | |
|------------------|--|
| Section 1 | BMWLC status and particulars
Logged experience prior to training
Personal mountain walking experience
Mountain walking leadership experience
Additional experience |
| Section 2 | Training Report |
| Section 3 | Logged experience during consolidation period
Personal mountain walking experience
Mountain walking leadership experience
Additional experience
Personal profile |
| Section 4 | Assessment report |
| Section 5 | Further experience |
| Section 6 | Logbook notes, sample page, unused sheets |

The candidate is expected to number the pages, and enter the relevant information in the appropriate sections in accordance with the syllabus. Blank pages may be photocopied for additional entries. Diaries or other miscellaneous items are not acceptable.

Mountain Walking Experience In South Africa

Basic Mountain Walking Leader Certificate

Mountain region / peak	Status	Relevant comments route, weather etc.	1 000m	Camp	Date

Mountain Walking Experience Overseas

Basic Mountain Walking Leader Certificate

Mountain region / peak	Status	Relevant comments route, weather etc.	1 000m	Camp	Date

Additional Experience

Basic Mountain Walking Leader Certificate

Winter or Foreign Mountaineering, Rock Climbing, Orienteering, Mountain Rescue

Give brief details. This is not required by the MDT but contributes to the candidate's grounding as a leader

Page Number

--

